



# how JEFFREY

BY  
THE EDITORS

*Jeffrey Hunter and Debra Paget from a scene in 20th Century-Fox movie, "Princess Of The Nile." One of Hollywood's fastest rising stars, Jeffrey Hunter realizes that much of his success is due to his fine physical development. Read his story here and follow the exercises he performs to stay fit, muscular and handsome.*

# HUNTER keeps *physically fit...*

We have often said that a strong, muscular body is a man's greatest asset. With this, Jeffrey Hunter, dynamic star of 20th Century-Fox Films wholeheartedly agrees. Learn in this exclusive article how he keeps his body in shape, ready for any acting assignment.

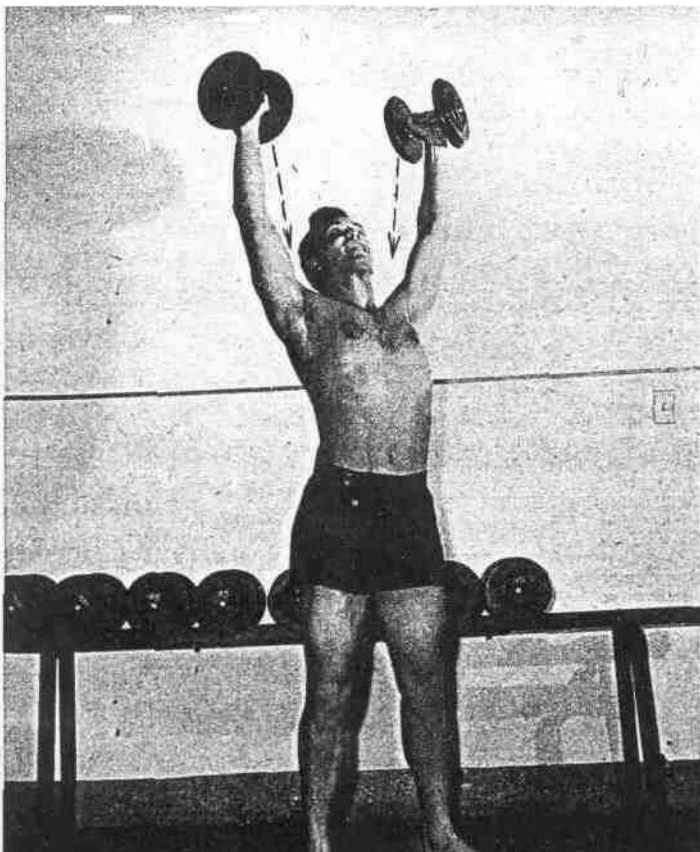
"LUCK", says Jeffrey Hunter, "is when preparedness meets opportunity!"

To millions of people who are not as successful as they would like to be, and who blame "poor luck" for their failure in life, this simple statement on the part of 20th Century-Fox's young star can give them the key to a better, happier life.

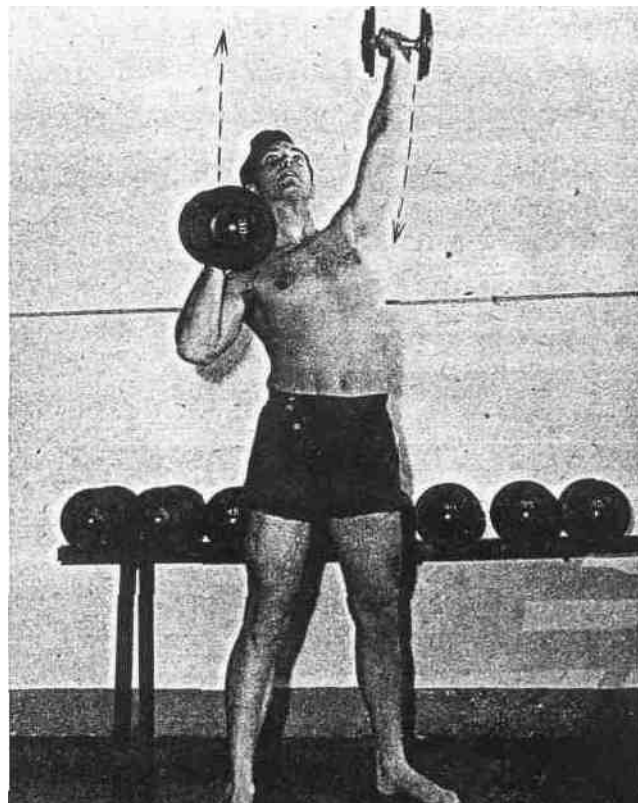
As far as he is concerned, being prepared means several things. It means applying himself diligently to acting to advance in his profession; to continue academic study in post graduate classes at college to keep his mind alert and trained;—and to keep himself physically fit at all times so that he can use his good health and muscular development (*Continued on page 62*)

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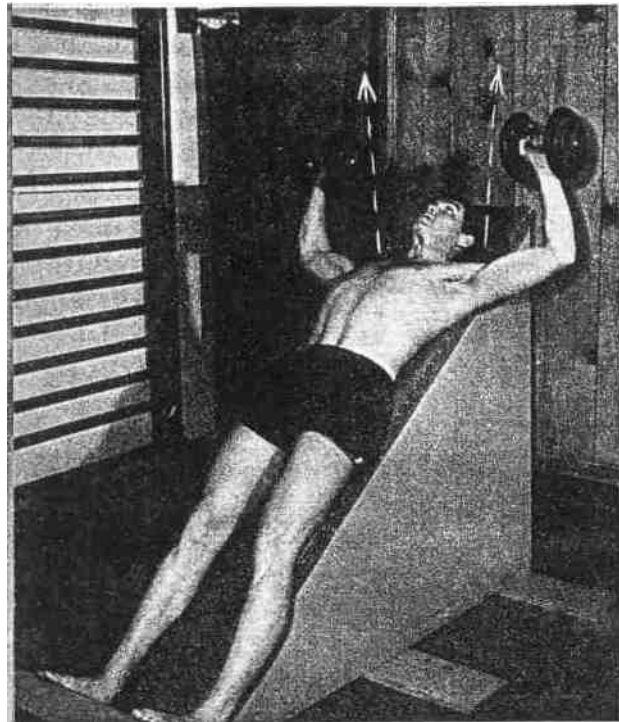
**Exercise 1 Standing Dumbbell Press**



**Exercise 2 Alternate Dumbbell Press**



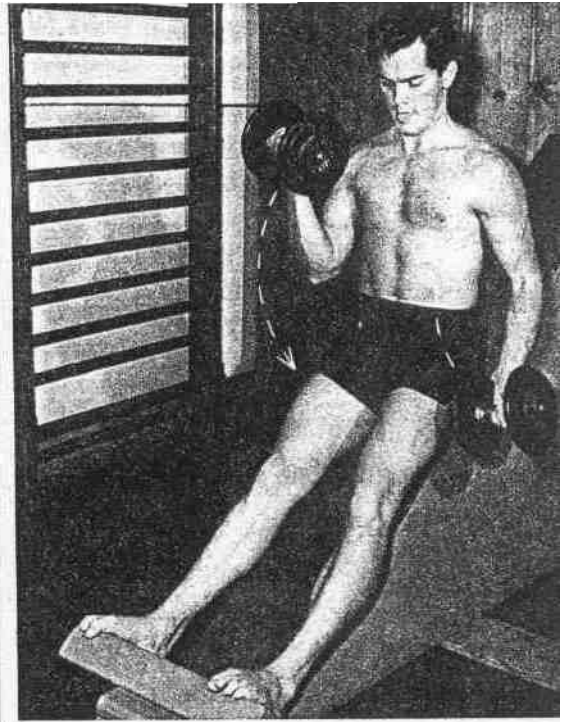
# how JEFFREY HUNTER keeps physically fit



**3. Incline Bench Dumbbell Press For Developing Arms, Chest, Shoulders**



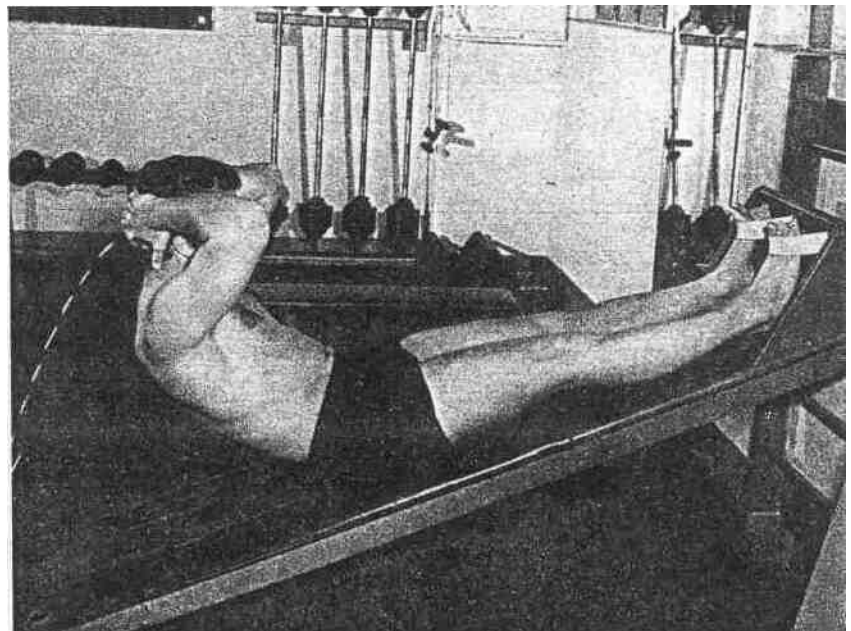
**4. Upright Rowing Builds Powerful Shoulders, Muscular Back**



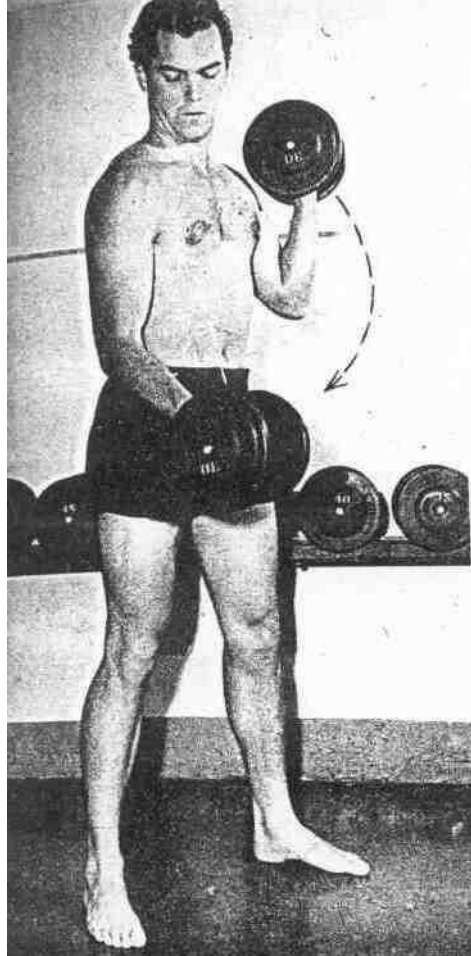
**5. Jeffrey Hunter Likes Seated Curl For Biceps Development**



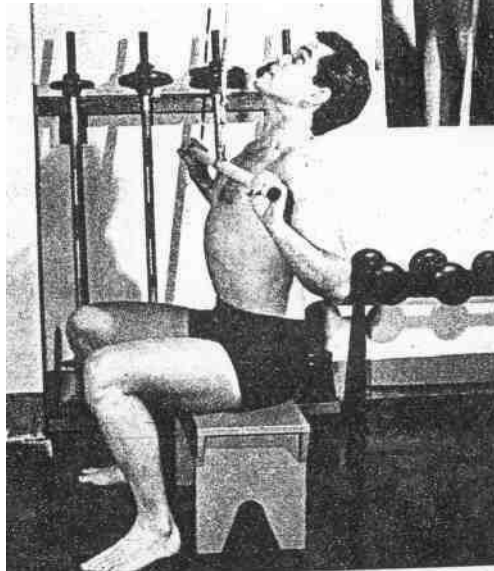
**9. Hack Exercise Keeps Jeff's Legs In Athletic Shape**



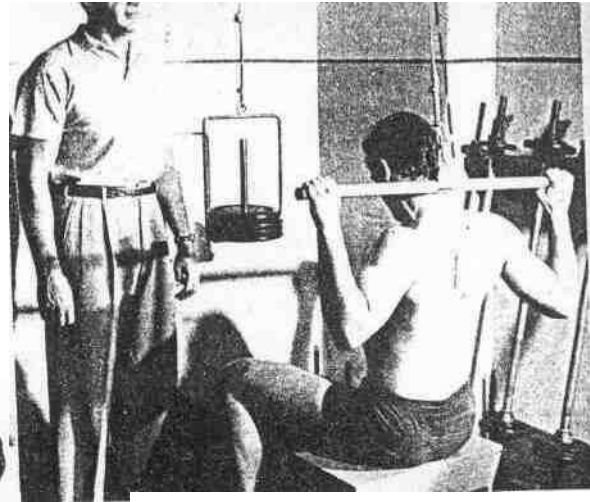
**10. Sit Ups Performed On An Abdominal Board Promote Internal Vigor And Develop A Trim, Masculine Waist**



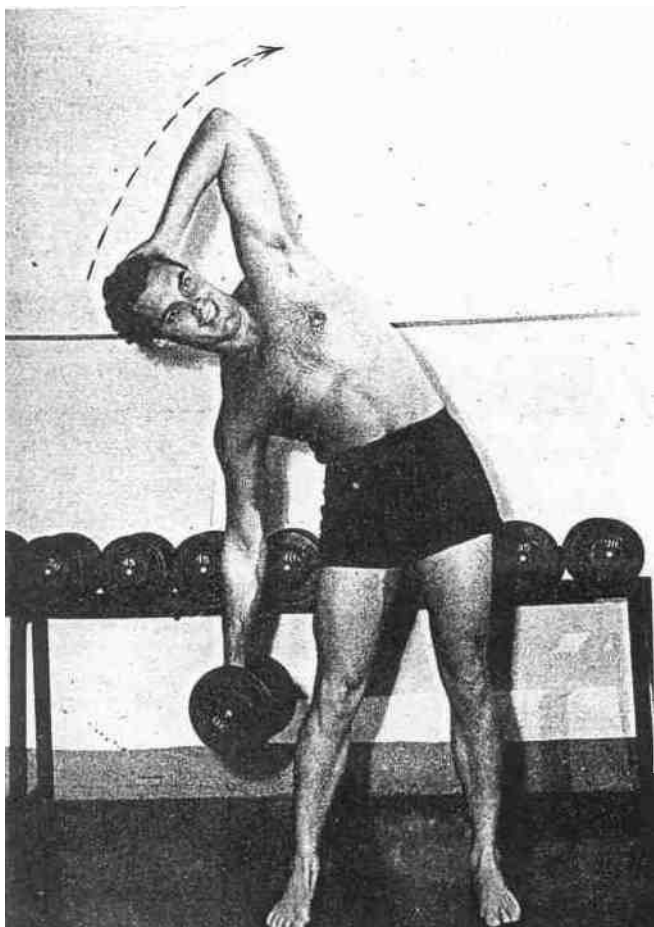
**6. Alternate Dumbbell Curl For upper Arm Power And Bulk**



**7. Lat Machine Pulldown Puts Muscle On Arms And Back**



**8. Pulldown Behind Neck For Wide, Muscular Upper Back**



**12. To Wind Up His Work-Out. Jeffrey Hunter Works Up A Good Sweat, Punching Heavy Bag, With Terry Hunt's Aid**



**11. Jeffrey Hunter Puts Real Effort In Side Bends To Mold Rugged Mid-Section**

was advised that acting ability wasn't enough. "Keep in perfect shape", he was wisely told. "You'll go further, reach the top faster if you do."

Not that this advice was wholly necessary, for Jeff had long before acquired a real interest in physical fitness. Always a clean-cut, clean living man, he neither drank nor smoked at that time, and still doesn't. He watched his diet and still does, with roast beef and salads being his favorite foods. He has always realized the beneficial effects of ample sleep, forming a habit of 8 hours a night which he rarely violates.

When Jeff signed with 20th Century-Fox, he retained all his good health principles. However, he soon realized that he would no longer have the free time to follow sports to stay fit. Acting hours were long, the work intense. A handier, more efficient physical training plan had to be devised.

It was here, that Terry Hunt proved invaluable. From him, Jeff learned about weight training and how a short snappy work-out a few times a week would take the place of hours of sports. It was the natural solution to his problem, so Jeffrey Hunter the movie star, became Jeffrey Hunter the bodybuilder, joining ranks with some 4 million American enthusiasts who have discovered like him that weight training is the world's greatest means of physical training.

Unlike most bodybuilders, Jeff's training interests are not for massive muscularity. Hollywood knows that movie audiences are made self-conscious if stars are too powerfully developed, so their aim is to keep their male actors virile and masculine-looking, without too heavy development. Slimmer builds such as Johnny Weismueller, Buster Crabbe and Lex Barker have proved ideal from a front office viewpoint and that formula is the one Jeff has been told to follow.

Therefore, he makes no attempt to mold huge biceps and heavy, bulging pectorals. Instead, his interest in weight training is to keep 100% fit, to have more than average strength and to keep his 180 pound body-weight at an even level.

However, since his work-out has been outlined for him by Terry Hunt, who knows the barbell game from A to Z, with a few changes it is a fine one for all bodybuilders to follow who want to build massive muscles. One change to be made is that where Jeffrey purposely controls the amount of weight he uses, selecting rather light poundages mainly for body stimulation and keep fit benefits, the more interested bodybuilder can follow the identical routine, with heavier poundages, working his muscles harder in that way and making them grow. Because he uses lighter weights, Jeff performs most exercises about 20 repetitions. The bodybuilder who wants to build more muscle should perform each exercise 6 to 8 repetitions, 3 sets, with as much weight as he can handle. After giving you a few more personal items about Jeff Hunter, his work-out routine will be explained.

Like many bodybuilders, Jeff is an avid music lover. He enjoys relaxing to any kind of music, provided it is good. He also maintains his interest in sports, following them whenever he has a chance. The acting character he would like to portray most is Thomas Jefferson, in Sidney Kingsley's, "The Patriot", though he admits he's still

a little young to play that role on the screen.

While there is little likelihood of Hollywood loosening its grasp on this star, he has plans for the future, just in case. Then, he'd turn to radio, and ski instruction. He feels certain he could make a good living at each.

His hobbies include portrait sketching, playing the piano, roughing it up with his fox terrier "Buddy", and of course spending as much time as possible with his beautiful wife Barbara and their 2 year old son, Christopher.

He's a pretty level headed young man, but he can't overcome one superstition, and that's throwing spilled salt over his left shoulder, while his pet aversion are drivers who honk their horns and lean out of their windows to yell.

All in all, he is an average, intelligent, good looking young man, who knows what he wants from life and who is willing to work for it. He sensibly realizes that without good health and a well developed body, life would be less worth living and success would be harder to get. So to make sure, he trains with weights on the average of three times a week. This makes him feel good and look good, just like it does anyone else, and here are the exercises he performs.

Exercise #1 ... Two Arm Dumbbell Press.

Start the exercise holding a pair of dumbbells at the shoulders. Press them together above head as shown in illustration # 1. Lower to the shoulders and repeat.

Exercise #2 Alternate Dumbbell Press.

Start holding a pair of dumbbells at the shoulders. Now, press one dumbbell above the head as shown in illustration #2. Lower this dumbbell to the shoulder and. at the same time press the one in the opposite hand above head.

Exercise #3 ... Incline Bench Dumbbell Presses.

Lie on an incline bench holding a pair of dumbbells at the chest. Press both dumbbells simultaneously to arms length. Illustration #3, shows the bells only part of the way up. Continue pressing them up until they are at arms length. Lower to the chest and repeat.

Exercise #4 ... Upright Rowing.

Stand erect, holding a barbell with a close grip, at the thighs. Pull the barbell up to under the chin as shown in illustration #4. Lower to the thighs and repeat.

Exercise #5 ... Seated Curl.

Sit on either a flat or incline bench, holding a pair of dumbbells in the hands, arms extended toward the ground. Curl one weight to the shoulder. Now, while lowering this weight, curl the other as shown in illustration #5.

Exercise #6 ... Standing Alternate Curl.

This exercise is performed exactly the same as exercise #5, except that it is done while standing, instead of seated.

Exercise #7 ... Lat Machine Pulldown To Chest.

Sit on a low exercise bench, lat machine handle held in hands which are extended above the head. Now, pull the handle down to the chest as shown in illustration #7.

Exercise #8 ... Lat Machine Pulldown Behind Neck.

This exercise is performed identical to

## How Jeffrey Hunter Keeps Physically Fit

*(Continued from page 11)*

for greater enjoyment and success in life.

His rapid rise to stardom proves the diligence with which he has applied himself to acting. His latest films, "Three Young Texans", and "Princess Of The Nile" are currently attracting sell out crowds. Mentally, he is far above average, presently working for his Master's degree at the University of California.

However, it is his ideas on physical fitness which will interest the readers of Muscle Builder most. The balance of this article will be devoted primarily to these.

In bringing you the inside story of Jeffrey Hunter's physical training program, we wish to thank Terry Hunt, famous physical instructor of the stars. Terry has personally supervised the physical conditioning of hundreds of the top movie stars and his elaborate Beverly Hills gymnasium, where Jeff Hunter works out, is the physical training mecca of the motion picture world.

It is natural then that Terry can find out the inside facts about their exercise habits, which others may not. We hope to bring you more exclusive stories about the training of the stars in the future, with his help. And, now, here is what we learned about Jeffrey Hunter, from him.

Jeffrey Hunter was born 27 years ago in New Orleans, La. A dynamic personality from the first, his ambitions have always been rather evenly divided between athletics and acting. In school he was star athlete with his favorite being football, though he excelled in tennis, golf, tumbling, skiing, ice skating and many other sports. His naturally tall, graceful body was suited for physical activity and sports helped to toughen him up, to make him strong.

Not all his free time in school was spent in sports, though. His 6' 1" height, handsome, manly looks, trim 180 pound bodyweight and magnetic personality won him a key role as "Chris" in "All My Sons," a University of California play.

When the play opened on May 7th, 1950, the manner in which he had applied himself to rehearsals, plus his apparent acting talent soon attracted motion picture scouts, with a contract being signed with 20th Century-Fox.

Things happened fast once Jeff's signature was inked on the dotted line. So fast, in fact, that he now smiling admits that he didn't have time to even finish the last 15 credits of graduate work. His studio recognized his potential box office draw and wasted no time getting him into production on "Fourteen Hours", which was a solid hit, establishing him as a star.

In keeping with the current Hollywood trend for male stars that look like men, Jeff

#8, except that the lat machine handle is pulled down behind the neck instead of in front of the chest.

Exercise #9 ... Hack Lift.

Squat down, grasping a barbell behind the legs as shown in illustration #9. Now, stand fully erect, lifting the weight up at the same time. Squat down until barbell touches the ground and repeat.

Exercise #10 ... Sit Up.

Lie flat on a raised abdominal board, clasping hands behind the neck. Now, raise the body to a sit up position. Illustration #10 shows Jeff Hunter only part of the way up. Continue until the chest is folded against the thighs if possible. Besides performing the regular sit up illustrated here, Jeff Hunter also performs the twisting variety in which the body is twisted to one side and then the other while sitting up.

Exercise #11 . . . Side Bend.

Stand erect, holding a dumbbell in one hand. Now, bend the body off to one side as shown in illustration #11. Return to an erect position and repeat. After performing the full number of repetitions on one side, transfer the weight to the opposite hand and perform an equal number of repetitions on the opposite side.

Exercise #12 . . Bag Punching.

If time permits, Jeff Hunter spends about five minutes in bag punching. He feels that this keeps his muscles fast and that it builds up his endurance. Illustration #12, shows Terry Hunt holding the bag while Jeff gives it a solid pounding.

In closing, we wish to offer a message from Jeffrey Hunter to all readers. He says ... "If you really want to be a success in anything, regardless whether it be bodybuild-

ing, acting or regular business affairs, never lie down on the job. Concentrate strongly on the matter at hand, solve all the problems connected with it completely and then move on to new issues, treating them in a like, intense manner."

To which we can not add anything further. It is a success formula which has been proved time and time again throughout the centuries, one which Jeffrey Hunter personally uses every day in his life and one which you should use to *make* all your dreams come true.