

A Standards-aligned Educator's Guide for Grades 2-3

Strong As Sandow: How Eugen Sandow Became the Strongest Man on Earth

About the book:

Little Friedrich Muller was a puny weakling who longed to be athletic and strong like the ancient Roman gladiators. He exercised and exercised. But he was still puny.

As a young man, he found himself under the tutelage of a professional body builder. Friedrich worked and worked. He changed his name to Eugen Sandow and he got bigger and stronger. Everyone wanted to become “as strong as Sandow.”

Age Range: 6-9

Grade Level: 2-3

Hardcover: 40 pages

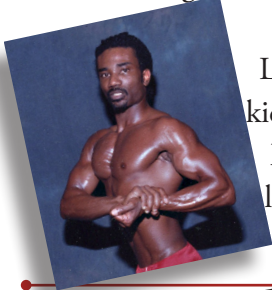
Publisher: Charlesbridge

ISBN: 978-1-58089-628-3

E-book ISBN: 978-1-60734-886-3

About the author/illustrator:

Don Tate is the author and illustrator of *Poet: The Remarkable Story of George Moses Horton* (Peachtree), for which he received the Ezra Jack Keats New Writer Award. He received the Ezra Jack Keats New Writer Honor for *It Jes' Happened: When Bill Traylor Started to Draw* (Lee & Low), illustrated by R. Gregory Christie. Tate is also the illustrator of several picture books, including *The Amazing Age of John Roy Lynch* (Eerdmans), *Whoosh! Lonnie Johnson's Super-Soaking Stream of Inventions* (Charlesbridge), and *The Cart That Carried Martin* (Charlesbridge).



Like Eugen Sandow, Don Tate believes it is important for everyone—especially kids—to stay physically active. A former bodybuilder and gym rat, Don exercises every day.

Each morning, he walks or runs. Several times a week, he lifts weights, practices yoga, or swims laps. He tries to eat healthy, too, in spite of his love of hamburgers, doughnuts, and Twizzlers.

He currently lives in Austin, Texas.

About Eugen Sandow:

The Father of Modern Day Bodybuilding

Performer

Health Enthusiast

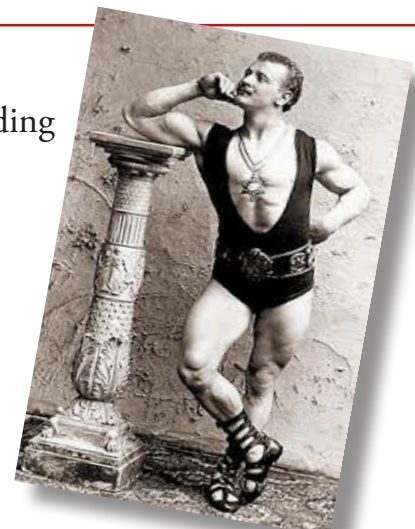
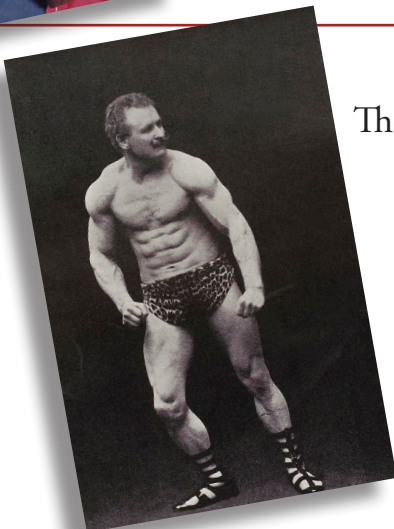
Fitness Expert

Entrepreneur

Showman

Teacher

Modern Day Hercules



STRONG AS SANDOW: HOW EUGEN SANDOW BECAME THE STRONGEST MAN ON EARTH

www.strongmansandow.com

www.dontate.com

www.charlesbridge.com

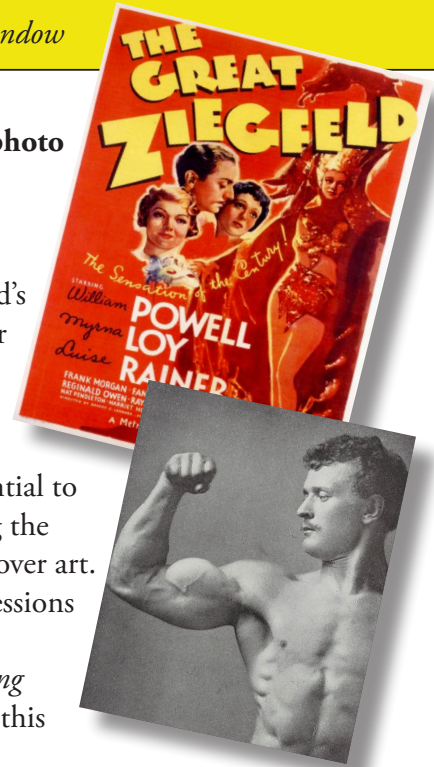
Life is movement. Once you stop moving, you're dead. Choose life.

- Eugen Sandow

Cover Art Discussion:

Consider the illustration on the front cover of the book, the movie poster, and photo of Sandow on the right while exploring the statements below.

- The movie poster was created for a musical drama filmed in 1936. In the film's opening scenes, actor Nat Pendleton plays Sandow, whom promoter Florenz Ziegfeld, Jr. is touting as the "world's strongest man" at the 1893 Chicago World's Fair. Examine the graphic format and color choices used in both the book's cover art and the movie poster. Identify the similarities and differences between the two.
- Sandow believed that a body-builder should use full concentration when exercising their muscles. He felt that connecting the mind with muscle was essential to gain full effect of the exercise. In the photo on the left, Sandow is demonstrating the mind-body connection. Don Tate used this photo as inspiration for the book's cover art. Note Sandow's expression in the photo and in the cover art. Tell how these expressions differ. Predict why Don Tate chose to represent Sandow in this way.
- Considering the historical references Don Tate used in creating the cover for *Strong as Sandow: How Eugen Sandow Became the Strongest Man on Earth*, predict what this story is going to be about.



Don Tate discusses designing the cover for *Strong Like Sandow: How Eugen Sandow Became the Strongest Man on Earth* on a website dedicated to this story. To learn more about Don's writing and illustration processes, access www.strongmansandow.com.

Post-Reading Discussion:

"The heroes of old," his father said, "were ever active, ever exercising their bodies."

- Though young Fredrich was frail and sickly, he was interested in developing a strong physique. Consider how his desire to be strong and healthy served as inspiration for the man he would become.
- Later, in 1893, Eugen astounds the crowd as he poses like a 'hero of old' statue at the Chicago World's Fair. Make a connection between his World's Fair performance and his youthful desires for health, strength, and power.

"Attend to my instructions," the Professor said, "and I shall be able to make you the strongest man in the world."

- Examine Eugen's lifelong commitment to educating himself and others. Does it seem unusual for a bodybuilder to have such high intelligence? How so?
- Identify the qualities Professor Attila saw in Eugen. Tell why the Professor was willing to help Eugen succeed.

But Eugen had a plan. With one swoop of his powerful arm, he ripped off his suit, all at once. The audience gasped at the sight of his mighty muscles.

- The word *plan* means to scheme, have a purpose, or a gimmick. Discuss Eugen's plan to enter the bodybuilding competition stage as if it were a performance.
- Make a connection with Eugen's victory against Samson and Cyclops and future competitions and performances. Do you think that Eugen had a purposeful plan for ultimate success? Explain your answer.

But Eugen wasn't interested in rewarding only big, muscular physiques. He considered a man's overall health and physical development too.

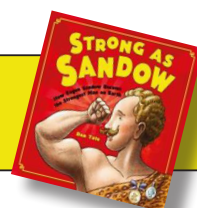
- Determine how Eugen's sickly childhood served to develop a life-long commitment to 'overall health and physical development'.
- Discuss Eugen's desire to share his knowledge and passion for well-being with people all over the world. Identify ways that Eugen Sandow made a difference in lives of people – past and present.

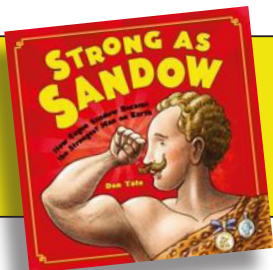


Guide created by Debbie Gonzales, MFA
www.debbiegonzales.com

Common Core State Anchor Standards Alignment:

- Reading: R.1, R.2, R.3, R.10
- Writing: W.2, W.4
- Speaking & Listening: SL.1, SL.2, SL.4, SL.6








I was born without any particular qualifications as a potential strong man. I might even have been considered a sickly lad in appearance. What I have with my body, I attribute wholly to daily exercise -- daily without fail. My regularity of exercise is no less than the rising sun. It keeps me in condition.
 ~Eugen Sandow

Keep a weekly fitness record by daily logging the number of completed repetitions of each exercise featured below. (Follow the safety instructions for each exercise described on the last pages of the book.)

- Write the first and last dates of the week in the spaces provided.
- In the column labeled 'Goal', write the number of reps you plan to complete every day.
- In the columns labeled by the days of week, record the actual number of reps achieved daily.
- At the end of the week, use the back of the sheet to evaluate your progress, set new goals, and recommit to becoming strong like Sandow!

Fitness Plan for the Week of _____ to _____

	Goal	SUN.	MON.	TUES.	WEDS.	THURS.	FRI.	SAT.
Push-ups 								
Chair squats 								
Calf raises 								
Arm raises 