

Chase, Kansas  
Aug, 25, 1942

Dr. Forrest C. Allen  
105 Rob. Gym.  
University of Kansas  
Lawrence, Kansas

Dear Dr. Allen

I am writing to you in reference to the physical fitness program that will be given to K. U. students this fall.

I am an ardent believer in training with bar-bells. Kansas University has never offered such training to its students.

I would like to know if it would be possible to have a small class in weight training under the supervision of some member of the physical education faculty. I know several boys who attend the University that regularly train with weights. It would please us greatly if we could secure your permission to have a class in weight training.

Pertaining to the problem of materials and instructors--We have our own weight training equipment, consisting of bar-bells and dumb-bells. We have from 155 to 200 lbs. sets. We are not new at weight training. We have all had at least two years of weight training experience. A friend of mine who is going to K. U. this fall, has had five years of training. We have all taken courses in body building by weights from the great Bob Hoffman, editor of the Strength and Health magazine, manufacturer of York Bar-Bells, trainer of the U. S. Olympic weight-lifting teams, author of many books, and one of the directors of Civilian Defense in Charge of Physical Training.