

Performing masculine perfection: Eugen Sandow's american male ideal



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Abstract

In the late 1800s masculinity as understood in the United States' urban northeast underwent a major transformation as the preceding emphasis upon decorum and civility gave way to a new ideal based on masculine health and fitness. This thesis seeks to demonstrate the significant role that Eugen Sandow, a Prussian born strongman who rose to international fame at the turn of the century, played in this masculine transformation. Sandow rose to stardom alongside theatre impresario Florenz Ziegfeld and used that stardom to revolutionize American manhood. Sandow was a performer, an athlete, and marketing genius. These three distinct identities coalesced to allow Sandow the opportunity to inspire a nation.

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Eugen sandow strength and. HOW TO OBTAIN IT Title image courtesy of the Library of Congress, some other. images courtesy of openlibrary.org. And thus freer circulation is gained than by performing the movements simultaneously. Another question which pupils are constantly asking me is whether it is right for them to perspire after the exercises. The. Appendix II. Eugen sandow's most important bodybuilding lesson. (This article originally appeared on evilcyber.com.) Eugen Sandow is often said to be the "father of modern bodybuilding". It is true in more than one sense: he was likely the first to revitalize the marriage of physical strength with a visually pleasing shape, but he also introduced the shadier bits of the sport. From "Delicate" Child... The man in question is Eugen Sandow, a Prussian born physical culturist whose celebrity during the 1890s and early 1900s spread throughout much of the English and non-English speaking world. Depicted by his biographers David Chapman and David Waller[1] as a forerunner to the modern bodybuilders of today, Sandow made the practice of weight lifting and posing acceptable for young and old during his time. The idea of male beauty shows had its origins during the Greco-Roman period, a point previously noted by Crowther.[2] Though these contests were soon forgotten about by the succeeding generations, they nevertheless set a precedence for more modern approaches. Needless to say given Sandow's own success in performing, the audience were not to be disappointed.