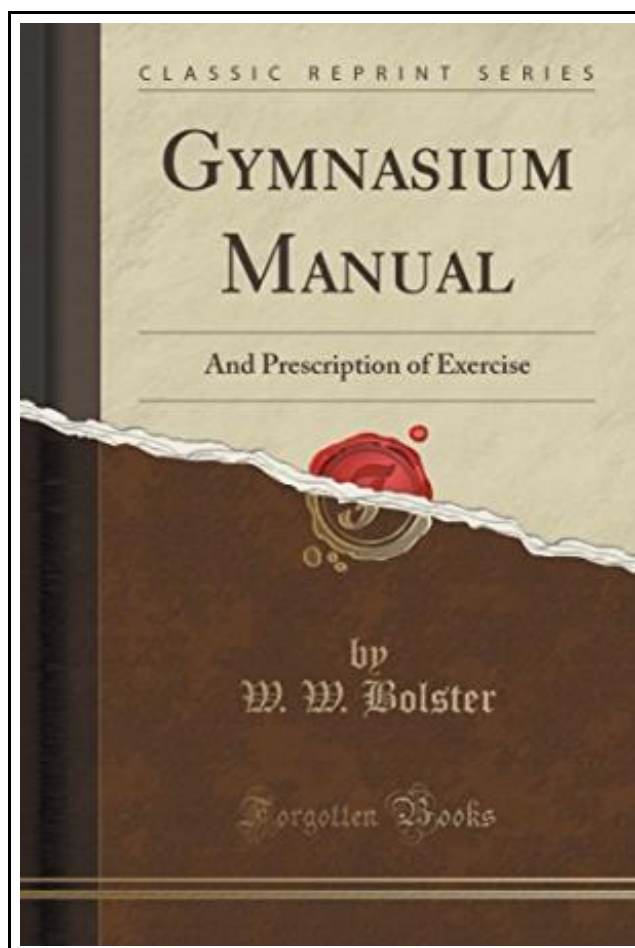


Gymnasium Manual: And Prescription of Exercise (Classic Reprint) (Paperback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

GYMNASIUM MANUAL: AND PRESCRIPTION OF EXERCISE (CLASSIC REPRINT) (PAPERBACK)



Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Gymnasium Manual: And Prescription of Exercise The object of this manual is to explain to the students of Bates College the general laws of hygiene and rational exercise. The aim of this department of Physical Training is to improve the health and efficiency of the students; to give them that symmetrical development, organic power, and bodily control so necessary to the success of the educated man. The sedentary habits of students render hygienic gymnastics and athletics imperative for all students, if health, which is the perfect co-ordination of all the organs, is to be maintained. This manual contains a chart which will enable each student to know how his development and organic power compares with that of the average man. It also contains directions on Personal Hygiene and Exercise, and a series of exercises and directions for the correction of deficiencies in development and function; these exercises include chest weights; special developing appliances; class drills, containing many of the fundamental movements necessary for hygienic exercise: and other information which will be of assistance to students using the gymnasium. Each student entering the Freshman Class will be given a copy of the manual, with his measurement and strength tests plotted on the chart, with such specific advice as will enable him to maintain normal health. The author presents no new or original system of movements and directions in this Manual but has endeavored to arrange a pamphlet that will be of practical value to the students of Bates College. The author wishes to thank Dr. Wm. W. Hastings, of the Y. M. C. A. Training School at Springfield. Mass., for the use of his anthropometric chart...



[Read Gymnasium Manual: And Prescription of Exercise \(Classic Reprint\) \(Paperback\) Online](#)



[Download PDF Gymnasium Manual: And Prescription of Exercise \(Classic Reprint\) \(Paperback\)](#)

You May Also Like



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint) (Paperback)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for...

[Read ePub »](#)



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Read ePub »](#)



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Read ePub »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Read ePub »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Read ePub »](#)

**Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes accounts of Valley Forge written by Washington and other generals

[Read eBook »](#)

**Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A very warm welcome to Jack Drummond s Christmas Present, the sixth book

[Read eBook »](#)

**American Legends: The Life of Josephine Baker (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes Josephine Baker s quotes about her life and career *Includes

[Read eBook »](#)

**Penelope s Postscripts (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Read eBook »](#)

**A Treatise on Parents and Children (Paperback)**

Echo Library, United States, 2006. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support

[Read eBook »](#)