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By Walter Camp

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The exercises which I am here appending have been referred to a number of times in the course of this book and have been advocated as profitable adjuncts to training for all of the sports. The Daily Dozen were originally designed as a method of good, rapid, all-round conditioning of naval recruits for the hard work ahead of them. They were used instead of the Swedish and other methods which had formerly been tried out because they were less fatiguing and tended to develop the main muscles of the body instead of concentrating on the arms and legs. I am giving them here in the form in which they were given at the naval training stations during the war. This form presupposes the presence of a leader whose movements are followed by a class. Such classes have been organized in schools and...


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