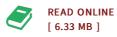


By Edward B. Warman

The British Library Publishing Division, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. This handbook of physical fitness from the Edwardian age is both refreshingly practical and amusingly eccentric. Dynamic good health is the aim - not giant muscles - and much care and attention is given to the crucial abilities of relaxation, flexibility and good breathing, as well as specific instructions for the strengthening of the arms, legs, hips and shoulders. Covering such topics as How to Stand and How to Walk , the author also address Sleeping at Will through the process of Self-Magnetizing , before explaining more advanced exercises such as Dorsal Breathing and The Liver Squeezer . If rugged health and fitness is your aim, then Physical Training Simplified will unlock your natural vim and vigour.





Reviews

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