



Ten Minutes Exercise for Busy Men; A Complete Course in Physical Education: Five Separate Courses; Free Work, Chest Weights, Dumb Bells, Wands, Indian Clubs (Classic Reprint) (Paperback)

By Luther Halsey Gulick

Forgotten Books, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Excerpt from Ten Minutes Exercise for Busy Men; A Complete Course in Physical Education: Five Separate Courses; Free Work, Chest Weights, Dumb Bells, Wands, Indian Clubs No. 1b. Spalding s Official Athletic Almanac No. 4sr. Official Handbook Intercol. No. 48r. Distance and Cross Country Running No. 70r. How to Be aweight Thrower No. 77r. A. E. F. Athletic Almanac and inter-allied Games. No. S8r. Official Handbook Can. Aau No. 94r. Olympic Games of 1920 No. 9sr. Official Handbook New Eng land Intercollegiate A A. Group VIII. School Athletics Blue Cover Series, each number 100. No. 246 Ath. Training for Schoolboys Red Cover Series, each number 250. No. 61r. School Tactics and Maze Run ning; Children s Games No. Ggr. Calisthenic Drills and Fancy Marching and Physical Training for the School and Class Room No. 74r. Schoolyard Athletics Group IX. Water Sports Blue Cover Series, each number 100. No. 128 How to Row No. 129 Water Polo Red Cover Series, each number 250. No. 36r. Speed Swimming no. 37r. How to Swim No. Qir. Intercollegiate Swimming Association Guide No. 106r. Science of Swimming No....



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