



Handbook of Physical Training Volume 1

By Great Britain Admiralty

General Books LLC. Paperback. Book Condition: New. This item is printed on demand. Paperback. 54 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1905. Excerpt: . . . 55. Bend Standing Starting Position is taken on the command: Arms--bend! The arms are bent quickly upwards, so that the hands, with the fingers slightly bent and the knuckles outwards come up towards the shoulders; the tips of the fingers turned towards the outer sides of the upper arms, which are kept in a vertical position with the elbows as close to the body as possible; the shoulders drawn well back and down (fig. 13). The exercise for taking this position is called: Standing Arms bending upwards. Standing position is returned to on the command: Arms downwards--stretch! The arms are stretched quickly to the sides; the elbows and shoulders are kept perfectly still. Note. --When first practising this position it is taken slowly. Common faults: The shoulders raised and carried forward. During the movement of the arms, the shoulders not kept in a fixed...



READ ONLINE
[3.28 MB]

Reviews

These sorts of pdf is the greatest pdf available. It really is written in simple words and never difficult to understand. I am just very easily could get a delight of studying a written ebook.

-- **Mr. Allen Cassin**

This created pdf is excellent. We have read through and i also am sure that i am going to going to study yet again yet again in the future. You will not truly feel monotony at at any time of your time (that's what catalogues are for concerning should you check with me).

-- **Myriam Bode**

Other PDFs



[101 Ways to Beat Boredom: NF Brown B/3b](#)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, 101 Ways to Beat Boredom: NF Brown B/3b, Anna Claybourne, This title is part of Bug Club, the first whole-school reading programme to combine books with an online reading world to teach today's...



[Free Kindle Books: Where to Find and Download Free Books for Kindle](#)

Createspace, United States, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.REVIEWS: I was able to get my hands of literally millions of books that i can read. -Stacy Smith I...



[TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children \(3-5 years\) Intermediate \(3\)\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



[TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children \(2-4 years old\) in small classes \(3\)\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



[Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting](#)

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of getting along with and disciplining children, but...



[Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. \[Us English\]](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...