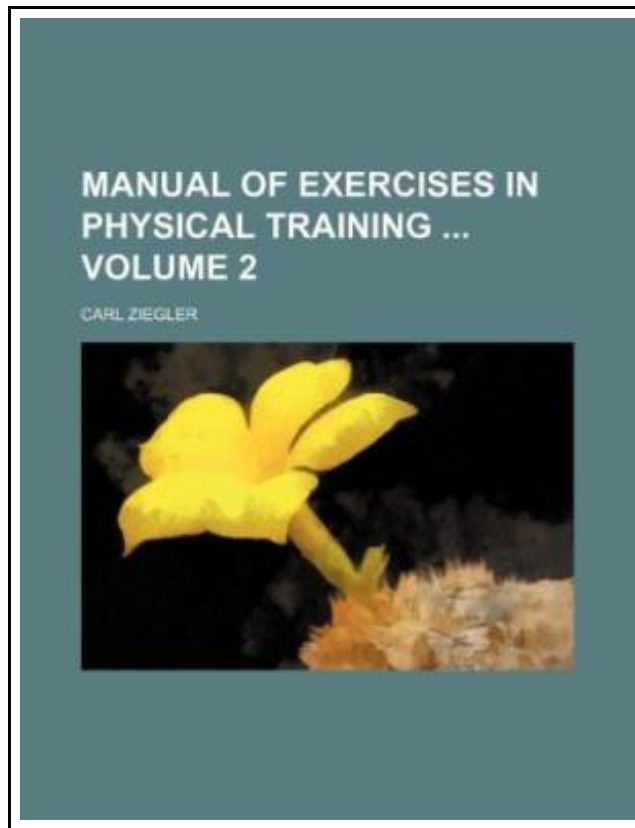


Manual of Exercises in Physical Training Volume 2



Filesize: 1.98 MB

Reviews

*A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).
(Matilda Hoeger V)*

MANUAL OF EXERCISES IN PHYSICAL TRAINING VOLUME 2



Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.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. 1914 Excerpt: .Lunge forw. left and raise arms backw.--3-4! Fig. 1 () Same, lunging right. 1 2. (a) Bend knees and raise arms sidew.--1-2! Lunge sidew. left and raise arms diagonally. (b) Same, lunging right. Hands on shoulders--Place! 3. Bend trunk backw. and throw arms sidew. (palms up)--1-2! Bend trunk forw. and stretch arms forw.--3-4! Hands--Down! 4. Lunge backw. left and right and raise arms forw. 5. Turn trunk to the left and raise the left arm backw., the right obliquely fore-upw.--1-2! Fig. 2. Same opposite--3-4! 6. Mimetic exercise. Putting the shot: Stoop and pick up the shot--1! Lunge backw. right, right arm bent upw. with palm upw. and the left arm extended forw.--2! Fig. 3. (Look at left hand.) With a light hop (careful to alight on toes) and a half turn left, change the position of the feet, extend the right arm forcibly forw. and slightly upw. and swing the left arm backw. (look at right hand)--3! Fig. 4. t Position--4! Also to be practiced left. 7. Support on desks with feet raised backw. Fig. 5. Slightly bend and straighten the arms. Even-numbered lines left (right)--Face! Hands on hips--Place! 8. Two closing steps forw. left and right, with rising on toes--1-6; step forw. left--7; swing right leg forw. and rise on toes of left foot--8; lower left heel and hold right leg forw., with the knee slightly bent--9. Repeat--7-8-9: right--10-12. (Around desks.) LESSON XV. I. (a) (b) h Wands. Wand low in front--Place! Rise on...



[Read Manual of Exercises in Physical Training Volume 2 Online](#)



[Download PDF Manual of Exercises in Physical Training Volume 2](#)

Other eBooks

**Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Read ePub »](#)

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

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 »](#)

**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Read ePub »](#)

**Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time**

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Read ePub »](#)

**Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.**

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn t porn. Everyone always asks and some of our family thinks...

[Read ePub »](#)