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# HOME GYMNASTICS FOR THE WELL AND THE SICK: ADAPTED TO ALL AGES AND BOTH SEXES; WITH DIRECTIONS HOW TO PRESERVE AND INCREASE HEALTH; ALSO HOW TO OVERCOME CONDITIONS OF ILL HEALTH, BY SIMPLE



Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Home Gymnastics for the Well and the Sick: Adapted to All Ages and Both Sexes; With Directions How to Preserve and Increase Health; Also How to Overcome Conditions of Ill Health, by Simple Movements of the Body The work before us is intended for laymen and for use without a teacher. Therefore only such movements...

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- Authored by E Angerstein
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