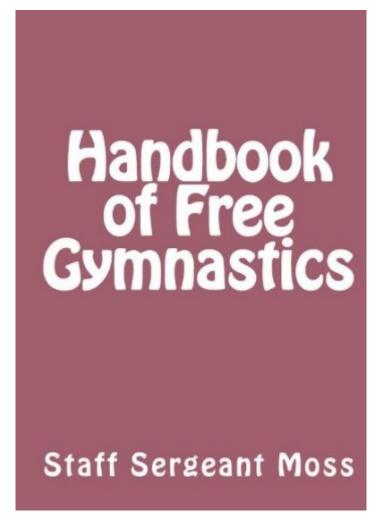


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Handbook Of Free Gymnastics





Synopsis

Staff Sergeant Alfred Moss was a well known figure in the British Army, including winning the prize at the Gymnastics Competition in 1900. After that he became a performing strongman and later prolific writer in physical culture. In the Handbook of Free Gymnastics, youâ ™II discover a wide variety of exercises done with no equipment. These are basics and are done with a military bent not seen elsewhere. Also in this volume is a variety of dumbbell exercises you can use.

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Book Information

File Size: 2520 KB

Print Length: 100 pages

Publication Date: January 27, 2012

Sold by: A Digital Services LLC

Language: English

ASIN: B0072RDEIE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #488,099 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #138 in Books > Sports & Outdoors > Individual Sports > Gymnastics #1714 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living #2980 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

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