



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

By E Angerstein

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 have been treated as can easily be made intelligible by description and drawings. We have chosen almost entirely free movements, and refrained from such as require special apparatus. The duplicated resisting and passive movements of gymnastics used for curing disease have also been excluded, because these should be performed only under the direction and control of a professional and with the cooperation of a graduate of a gymnastic institution. We are not, however, unmindful of the fact that these forms of gymnastics may be applied with great success in many cases of disease specifically developed, as has been the practice for years in well conducted institutions established for the purpose. The Exercises of Home Gymnastics are primarily for the purpose...



[READ ONLINE](#)

Reviews

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.

-- **Watson Kohler**

This composed book is fantastic. it absolutely was writtern quite properly and helpful. I am very happy to explain how this is the very best ebook i actually have read during my own existence and may be he best pdf for actually.

-- **Prof. Elody D'Amore**