

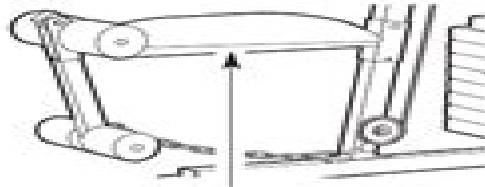
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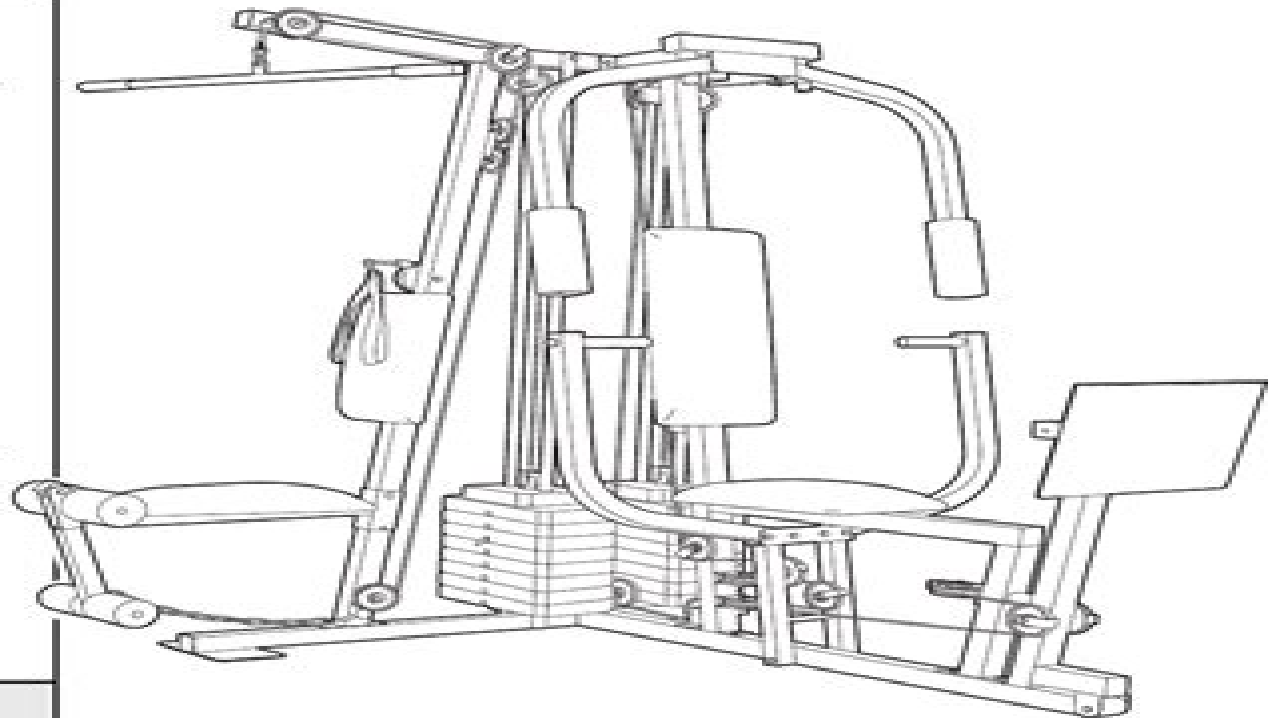
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Weider Pulley System Exercise Manual

Corinna Everson, Jeff Everson

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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Exercising in Bed Sanford Bennett, 2016-09-13 Excerpt from Exercising in Bed The Simplest and Most Effective System of Exercise Ever Devised To my friend and companion on many a shooting trip the happiest days of my long life Together he and I have climbed the steep quail hills or waited listening in some rocky canyon to the deep vibrant bay of peak mingling with the long drawn bugle like cry of scout as through tangled Chaparral they cold trailed some wandering coyote or sneaking cat And the sharp high staccato notes of Nellie would break in when the duet became a trio The tempo of the wild symphony would quicken and we would scramble up the rocky ridge to our stand on the high divide Together he and I have lain out in our blankets watching the glint of the stars in the cloudless California sky while far up on the mountain side the thin weird wail of a prowling coyote alone broke the silence Then as the crest of Grizzly Peak reddened in the rising sun the reedy querulous challenge of the cock quail sounded defiance from sheltering thickets far and near The wind sighing through the redwoods the pungent smoke of the camp fire the pure clear air of the early morning the joy of it all when one is pulsating with health and lives close to nature About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com

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