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O W N E R ' S M A N U A L

User Manual Fitnessquest Total Gym 1700 Club

Morris Bornstein



User Manual Fitnessquest Total Gym 1700 Club:

Manual Of Instruction In The Use Of Dumb Bells, Indian Clubs, And Other Exercises Morris

Bornstein,2015-05-06 In the decades following the American Civil War reformers championed the explosion of public gymnasiums and fitness centres in cities all across the country In the opinion of many reformers being truly fit was not only of physical value but was also conducive to moral superiority This manual by Morris Bornstein was one of numerous texts from this period that looked to instruct Americans in the use of Indian clubs and dumbbells which continue to be popular and effective tools for exercise today An interesting and informative book this Manual Of Instruction In The Use Of Dumb Bells Indian Clubs And Other Exercises will appeal to those with an interest in fitness and would make for a worthy addition to collections of related literature We are republishing this volume now in an affordable modern high quality edition complete with a specially commissioned new introduction on indian clubs

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