



Powertec Levergym Manual

Morris Bornstein



Powertec Levergym Manual:

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

Koehler's West Point Manual of Disciplinary Physical Training

Herman John Koehler, 2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1919 edition Excerpt SECTION IX SETTING UP EXERCISES FOR RECRUITS PARAGRAPH What the course comprises 141 142 Number of times an exercise should be performed 143 Progressive difficulty and how obtained 144 147 Terminology 148 Respiration and its relation to exercise 149 151 Lessons 152 165 141 What the Course Comprises The course consists of one preliminary and six regular lessons Each lesson should be thoroughly mastered before an advance lesson is attempted It is recommended that one week each be devoted to the preliminary and the first lesson and two weeks to each of the following five 142 Nothing should be sacrificed for the sake of making the drill spectacular the physiological value of every exercise should be brought out fully and the disciplinary value precision smartness activity and unity of action must be insisted upon consistently and persistently By doing this instructors will lay the best foundation for the ready and precise acquirement of all other drills 143 The Number of Times an Exercise Should Be Performed This has not been prescribed as the number of repetitions any body of men may indulge in with benefit to themselves depends entirely upon the strength condition and aptitude of the men and upon the efficiency competence and judgment of the instructor who will find that he is defeating the purpose of this training if he fails to take these into consideration and does not proceed carefully and progressively both as to the quantity and the quality of the task he is exacting 144 Progressive Difficulty and How Obtained In general the amount of energy required to perform an exercise may be progressively increased by increased repetitions or increased cadence When this is done the increased difficulty is derived

Manual for Physical Culture and Muscular Development (Classic Reprint)

John Richard Judd, 2018-02-02 Excerpt from Manual for Physical Culture and Muscular Development Stand facing machine see cut pulling both hands first into right side then into left side as shown in cut May be done twenty times each way When pulling into left side you develop muscle of right arm from palm of hand following therefrom down forearm to

inner part of bicep to pectoral muscle and up left forearm and back part of upper arm to the trapezium When pulling to right side the muscles taken are reversed on each arm Heretofore I have quoted this as a sparring motion although it does not take in the exact muscles used in sparring for you must turn sideways to strike an effective blow in sparring and furthermore the muscles must be loose to strike properly which condition can not be attained in this motion About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

The Squat Frederick C. Hatfield,1982

The manual and drill of physical exercises Thomas Chesterton,1904

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