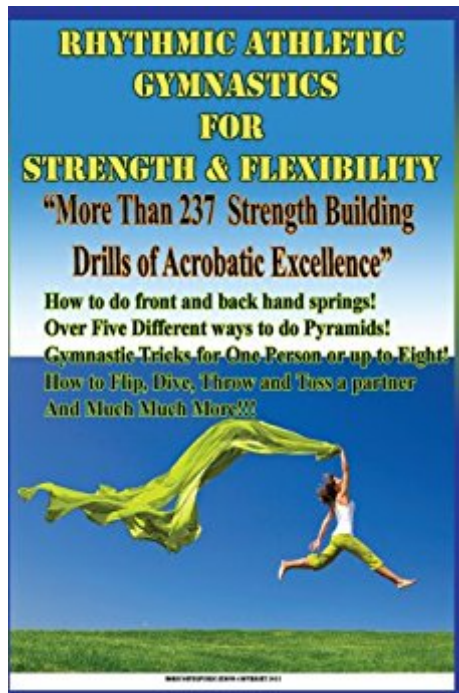




The book was found

Rhythmic Athletic Gymnastics For Strength And Flexibility



Synopsis

The book is divided into twenty-five sections, each containing selections from four groups of exercises, Tumbling, Tricks, pyramids and Games. This method of arrangement has been followed, partly, for the purpose of supplying varied, ready-made, though flexible, programs, available at a moment's notice, and partly, in order to give illustration of how to join separate exercises into a series in connection with the description of the movements themselves. Most of the illustrations have been made from instantaneous photographs. The descriptions and directions which are given in the text are those which I have found by experience to be the most satisfactory progress in the shortest possible time.

Book Information

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