



Manual of Exercises in Physical Training Volume 2 (Paperback)

By Carl Ziegler

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1914 Excerpt: .Lunge forw. left and raise arms backw.--3-4! Fig. 1 () Same, lunging right. 1 2. (a) Bend knees and raise arms sidew.--1-2! Lunge sidew. left and raise arms diagonally. (b) Same, lunging right. Hands on shoulders--Place! 3. Bend trunk backw. and throw arms sidew. (palms up)--1-2! Bend trunk forw. and stretch arms forw.--3-4! Hands--Down! 4. Lunge backw. left and right and raise arms forw. 5. Turn trunk to the left and raise the left arm backw., the right obliquely fore-upw.--1-2! Fig. 2. Same opposite--3-4! 6. Mimetic exercise. Putting the shot: Stoop and pick up the shot--1! Lunge backw. right, right arm bent upw. with palm upw. and the left arm extended forw.--2! Fig. 3. (Look at left hand.) With a light hop (careful to alight on toes) and a half turn left, change the position of the feet, extend the right arm forcibly forw. and...



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