



Handbook of Lessons in Physical Training and Games: For the Philadelphia Public Schools (Classic Reprint) (Hardback)

By Martin G Brumbaugh

Forgotten Books, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Handbook of Lessons in Physical Training and Games: For the Philadelphia Public Schools Introductory movements intended to bring about increased circulation and respiration in the shortest time. Exercises of the Head having as their object (a) the strengthening of those muscles of the neck contributing to an improved carriage of the head, and (b) an increase of nervous control necessary to bring about an improved position of the head. Exercises of the Arms whose chief aim is to strengthen the muscles of the shoulder girdle and to strengthen the arms. Exercises of the Trunk having as their purpose (a) the strengthening of those trunk muscles conducing to an upright carriage, (b) an increase of nervous control necessary to achieve an improved posture, and (c) an increased mobility of the spine. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at 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,...



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