

ATHLETIC AND GYMNASTIC EXERCISES

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Athletic and Gymnastic Exercises by John H. Howard

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JOHN H. HOWARD

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GYMNASTIC
EXERCISES**



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BY

JOHN H. HOWARD



SAMSON BURSTING HIS BONDS

ILLUSTRATED WITH UPWARDS OF 70 ENGRAVINGS

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PREFACE.

IN presenting the following collection of Exercises to the public, I have much pleasure in stating that the whole of them have been performed by myself and pupils, and are, consequently, within the capacity of any who may deem them worthy of their time and attention.

Were I to have attempted to describe every feat which is capable of being performed, I fear I should tire many of the youthful aspirants to these recreative exercises; nevertheless, I have selected such, as I sincerely trust, will give the greatest satisfaction; and I am of opinion that any student of the Gymnasium who may enter upon the simplest of the following, will not rest contented until he has accomplished the most difficult, and will thus be enabled to outstrip the whole of his companions.

When the young Gymnast has achieved the whole of the following Exercises he need never fear to venture upon any other kind of athletic exercise which may be proposed for his performance.

In France and Belgium Gymnastic Exercises form a part of the education of youth; and happy is he who succeeds in achieving any one feat which leaves him sole master of the Gymnasium.

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