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Contributors

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"H. & E." EXERCISER COURSE

A Three Months' Gourse of Physical Exercises for developing those muscles which have a vital bearing upon the General Health.

The Exercises given on this Charl compose a thorough system of Physical Culture, and the movements are sufficient to cover a period of Tiree Months' Training—in fact, the number of MOVEMENTS given almost double the member of exercises given by many physical culture teachers and experts. You should perform aix of the exercises per day, so that it will take you three days to de every exercise on the Chart. The little rest allowed your muscles by this arrangement makes for increased strength and vigour. The muscles do not come so state as performing the same exercises day after day. Take your measurements every week and especially note the measurement at the beginning in order that you may be to register your properson. At the evel of three mentits you should have made an appreciable advance on your present physique and you should also feel much better is general health, and exercise immediately after a meal. Do not exercise when tired, but exercise until you are tired. Find out by experience what part of the day suits you best and exercise them, one over-exercise early in the morning. Most people find the best time of the day is better meaning. The property ment immediately after a meal. The people find the best time of the day is better of p.m. Do not cat a heartry ment immediately after a week.



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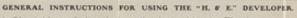




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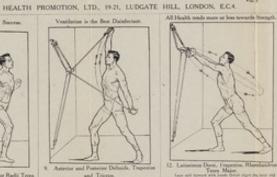
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