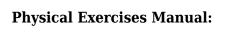
# MANUAL OF PHYSICAL EXERCISES

of New York William Wood

Comprising Gymnastics, Rowing, Skating, Fencing, Cricket, Calisthenics, Sailing, Swimming, Sparring, Base Ball; Together with Rules for Training and Sanitary Suggestions

# **Physical Exercises Manual**

**Annelies Wilder-Smith** 



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