



# Manual of School Gymnastics

*James H. Smart*

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## **Manual of School Gymnastics** James H. Smart

This book is a collectible for anyone in who is a dedicated athlete, trainer or physical education teacher. The book offers guidelines and instructions for "workouts" for students, including breathing exercises and dumb-bell exercise. The book wraps with a sheet music for songs (apparently gym class and music class were intertwined in 1893?)

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