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# Handbook Of Free Gymnastics



## Synopsis

Staff Sergeant Alfred Moss was a well known figure in the British Army, including winning the prize at the Gymnastics Competition in 1900. After that he became a performing strongman and later prolific writer in physical culture. In the Handbook of Free Gymnastics, you'll discover a wide variety of exercises done with no equipment. These are basics and are done with a military bent not seen elsewhere. Also in this volume is a variety of dumbbell exercises you can use.

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