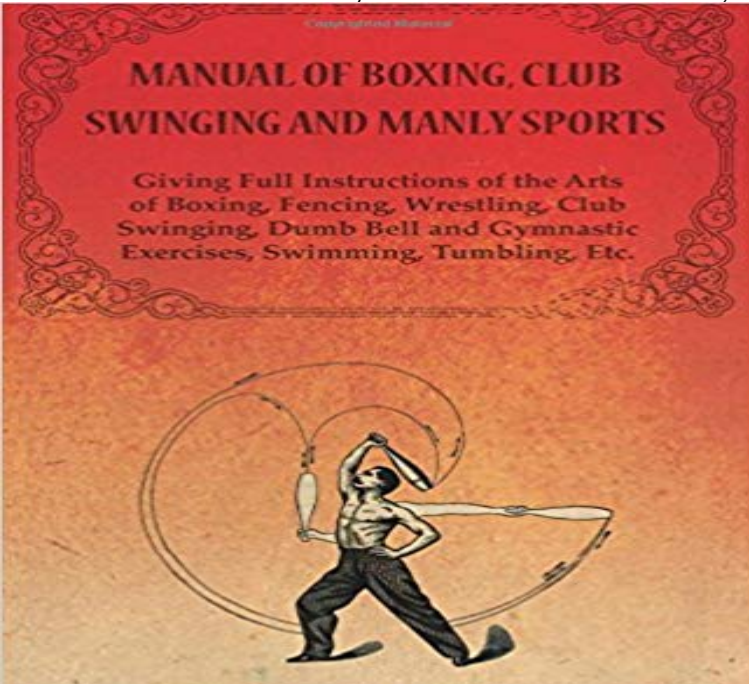


Manual of Boxing, Club Swinging and Manly Sports - Giving Full Instructions of the Arts of Boxing, Fencing, Wrestling, Club Swinging, Dumb Bell and Gymnastic Exercises, Swimming, Tumbling, Etc.



This fantastic work, originally published in 1883, is a great instructional manual for the manly pursuits of boxing, club swinging, tumbling, and other such popular Victorian fitness pursuits. Along with a brand new introduction on Indian club swinging, it includes a series of exercises to help you get in shape the old-fashioned way.

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