



# A Natural Method of Physical Training Making Muscle and Reducing Flesh Without Dieting or Apparatus

By Edwin Checkley

TheClassics.us. Paperback. Book Condition: New. This item is printed on demand. Paperback. 30 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1895 edition. Excerpt: . . . SOME HINTS AND SUGGESTIONS. IF, as we are so often assured, one mans food is another mans poison, it is undoubtedly true that a prescription of exercise for one man or woman may be less or more than another man or woman may require. It is utterly impossible to set down rules that might be applied to all people alike. We may count with a good deal of certainty upon particular characteristics in the human form and organization, and exercise is a medicine of such universal application that we may count definitely upon certain results from its adoption. But we cannot say when and for how long the reader of these lines shall follow the specific exercises. The average person, particularly if he or she leads a busy life, will probably find it an advantage to spend at least fifteen minutes over particular exercises...



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