



Dick's art of gymnastics; containing practical and progressive exercises applicable to all the principal apparatus of a well-appointed gymnasium plainly described

William Brisbane Dick

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This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1885 Excerpt: ...of the bars. This exercise to be repeated, resting on the right bar, and clearing the left. 22. To Rest on the Left Bar and Clear the Right, by the Rear--Position as in nineteenth exercise. 1. As in nineteenth exercise. 2. Slowly incline the head and shoulders to the front, bending the arms; swing the lower limbs, the toes pointed to the rear, until they rise above the level of the bars, as in Fig. 22; at this point pass them over and let them rest on the left bar, relaxing the extension, the feet together, the toes pointed downwards, as in Fig. 35. 3. Incline the head and shoulders to the front, bend the arms until the shoulders are as low as the bars, and at the same time elevate the lower limbs, sweep hem across both bars to the left rear, and descend yielding. This exercise to be repeated, resting on the right bar and clearing the left. 23. To Rest on The Right Bar in Front and Clear it by the Rear--Position as in nineteenth exercise. 1. As in nineteenth exercise. 2. Swing the lower limbs to the front, until they rise above the level of the bars, pass them over and let them rest on the right bar, relaxing the extension (Fig. 25); press strongly with the hands, elevate the lower limbs above the bar, pass them between the bars, and let them swing to the rear, at the same time bending the arms until the shoulders are as low as the bars, and bringing the column of the body with the lower limbs to the horizontal line of the bars (Fig. 26); clear the right bar by the rear and descend yielding, facing the bars. This exercise to be repeated on the left bar. The same exercise to be repeated with the following variations:--1. Bfesting on the right bar in the front and clearing the left by the rear. Fig-26 2. Resting on the left bar in the front and clearing the r...

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