



The Dumb-Bell and Indian Club, Explaining the Uses to Which they May be Put, with Numerous Illustrations of the Various Movements - Also a Treatise on ... Advantages Derived from These Exercises

Ed. James

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Indian clubs', or 'Iranian clubs' belong to a category of exercise equipment used for developing strength, and in juggling. In appearance, they resemble elongated bowling-pins, and are commonly made out of wood. They come in all shapes and sizes however, ranging from a few pounds each, to fifty pounds, and are commonly swung in certain patterns as part of exercise programs. They were often used in class formats, predominantly in Iran, where members would perform choreographed routines, led by an instructor; remarkably similar to modern aerobics classes. This work is a reprint of a classic publication on the use of 'Indian Clubs' and along with a brand new introduction, includes a series of exercises to help you get in shape the old-fashioned way.

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