



# Physical Culture for Beginners without the Use of Appliances

By F.J. MacDonald

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**Physical Culture for Beginners without the Use of Appliances** By F.J. MacDonald

This book covers 34 exercises that require no equipment that work your body from the head to toes. It's an easy system any beginner can do.

Physical Culture for Beginners include discussions on the following topics:

- Exercise
- Food
- Dress
- Bathing
- Sun Bathing
- Care of the Teeth
- Walking
- Golden Rules
- Eye Exercise
- Massage

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## **Physical Culture for Beginners without the Use of Appliances By F.J. MacDonald Bibliography**

- Rank: #3494137 in eBooks
- Published on: 2013-02-06
- Released on: 2013-02-06
- Format: Kindle eBook

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