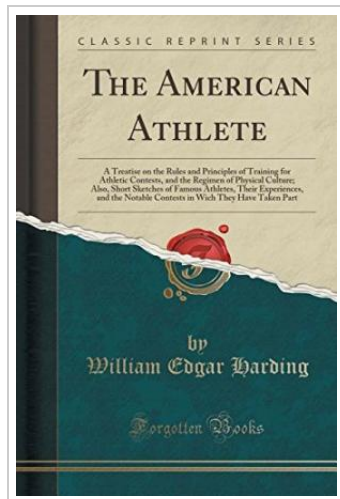



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The American Athlete: A Treatise on the Rules and Principles of Training for Athletic Contests, and the Regimen of Physical Culture; Also, Short Sketches of Famous Athletes, Their Experiences, and the Notable Contests

By William Edgar Harding

Forgotten Books, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The American Athlete: A Treatise on the Rules and Principles of Training for Athletic Contests, and the Regimen of Physical Culture; Also, Short Sketches of Famous Athletes, Their Experiences, and the Notable Contests in Which They Have Taken Part IN presenting the american athlete to the public, the author claims the indulgence of the tens of thousands who will read its pages and derive the benefits of physical training which it will suggest. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.


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