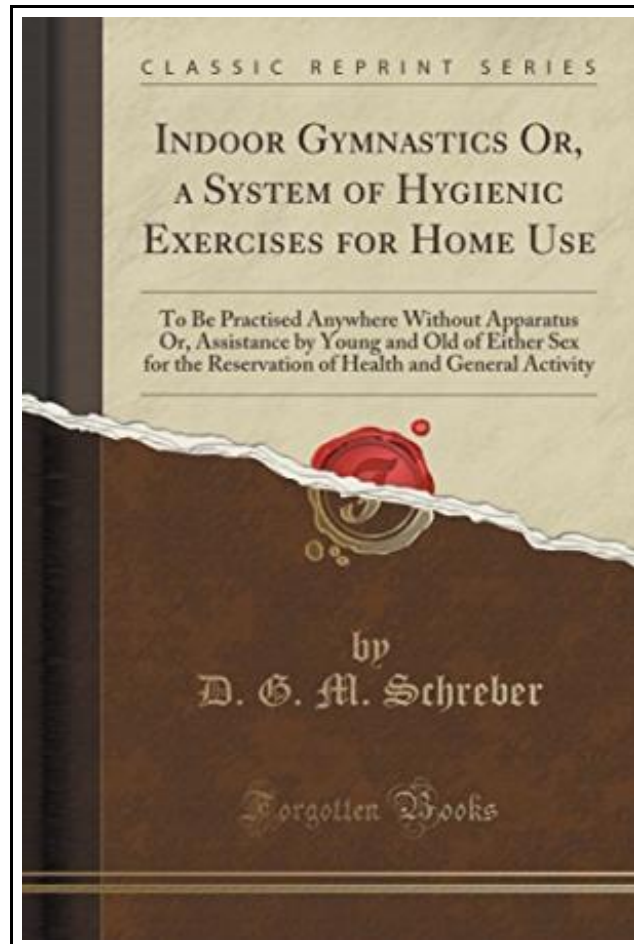


# Indoor Gymnastics Or, a System of Hygienic Exercises for Home Use: To Be Practised Anywhere Without Apparatus Or, Assistance by Young and Old of Either Sex for the Reservation of Health and General



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