

IMPORTANT NOTICE.

The Exercises on the Charts in this Book are carefully selected from amongst the very large number of movements comprising the Sandow System and will be found to be those most useful for general purposes.

All who suffer from such complaints as Constipation, Indigestion, Insomnia, various Nervous Disorders, Physical Deformities, Chest Complaints, or other illnesses, also general lack of vigour will require individual treatment, and should call upon me or write full particulars of their cases in confidence, when I will carefully consider them and give an opinion as to the suitability of each individual case for a complete cure by scientific exercises. A copy of my new treatise "Health from Physical Culture," which gives full particulars relating to my treatment of illness, will be sent without charge to all who write for a copy.

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· EUGEN SANDOW. ·

STRENGTH: AND HOW TO OBTAIN IT.

By EUGEN SANDOW. . .

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WITH TWO ANATOMICAL CHARTS

ILLUSTRATING EXERCISES FOR PHYSICAL
DEVELOPMENT OF MEN AND WOMEN,

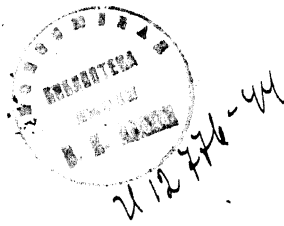
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