



1001 Dumbbell Exercises (Volume 3): A Compendium of Photographs, Advertisements and Apparatus

Dr Alan Radley, Mr David Gentle

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A fascinating “pulp” style book of dumbbell exercises by two leading Physical Culture historians, Alan Radley and David Gentle. Containing a vast compendium of images, it’s a one-of-a-kind survey of health and strength development using dumbbells. Volume 3 contains ~ 1000 illustrations. Each RADLEY CLASSIC is a meticulously restored, luxurious and faithful reproduction of a classic book; produced with elegant text layout, clarity of presentation, and stylistic features that make reading a true pleasure. Special attention is given to legible fonts and adequate letter sizing, correct line length for readability, generous margins and triple lead (lavish line separation); plus we do not allow any mistakes/changes to creep into the original author’s words. Visit RADLEY BOOKS at www.radleybooks.com to see more classic book titles in this series.

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