

UNII SEX ER CISE

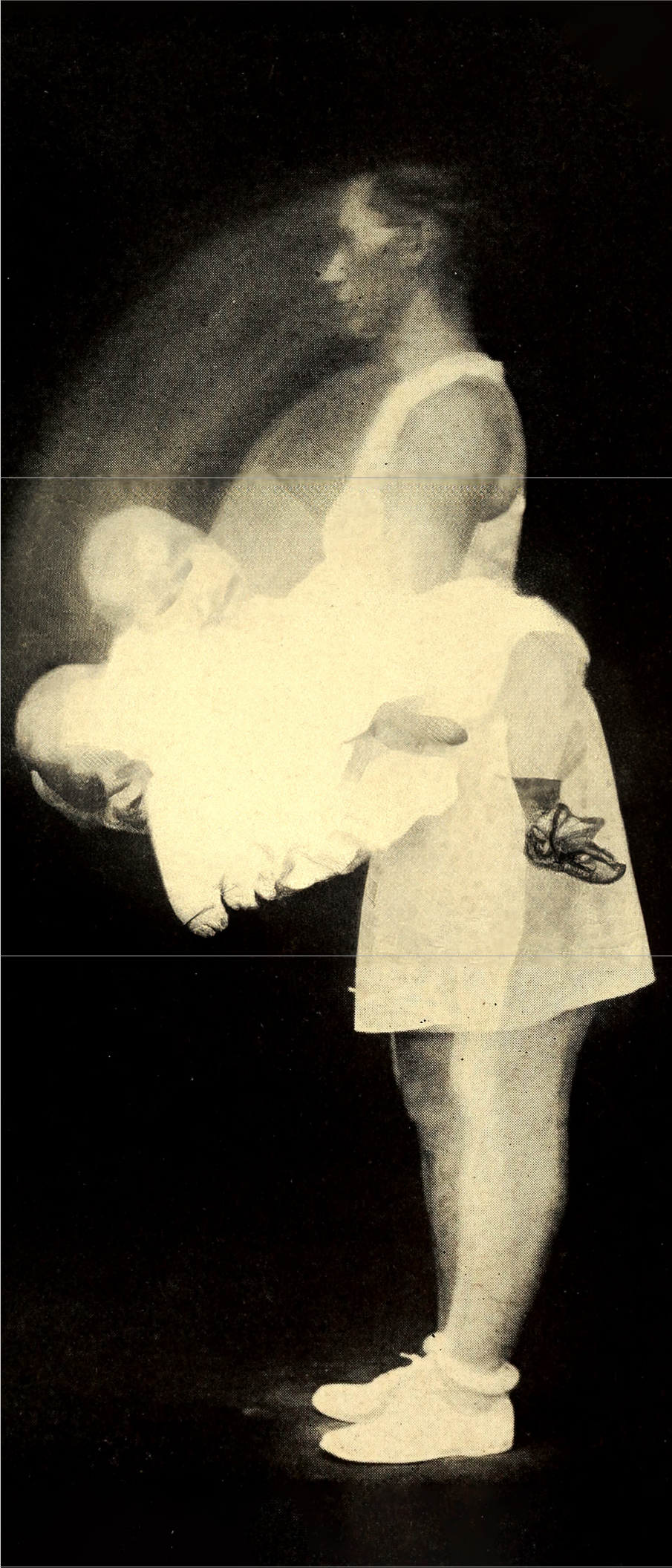
A FLIPBOOK OF PHYSICAL LIBERATION

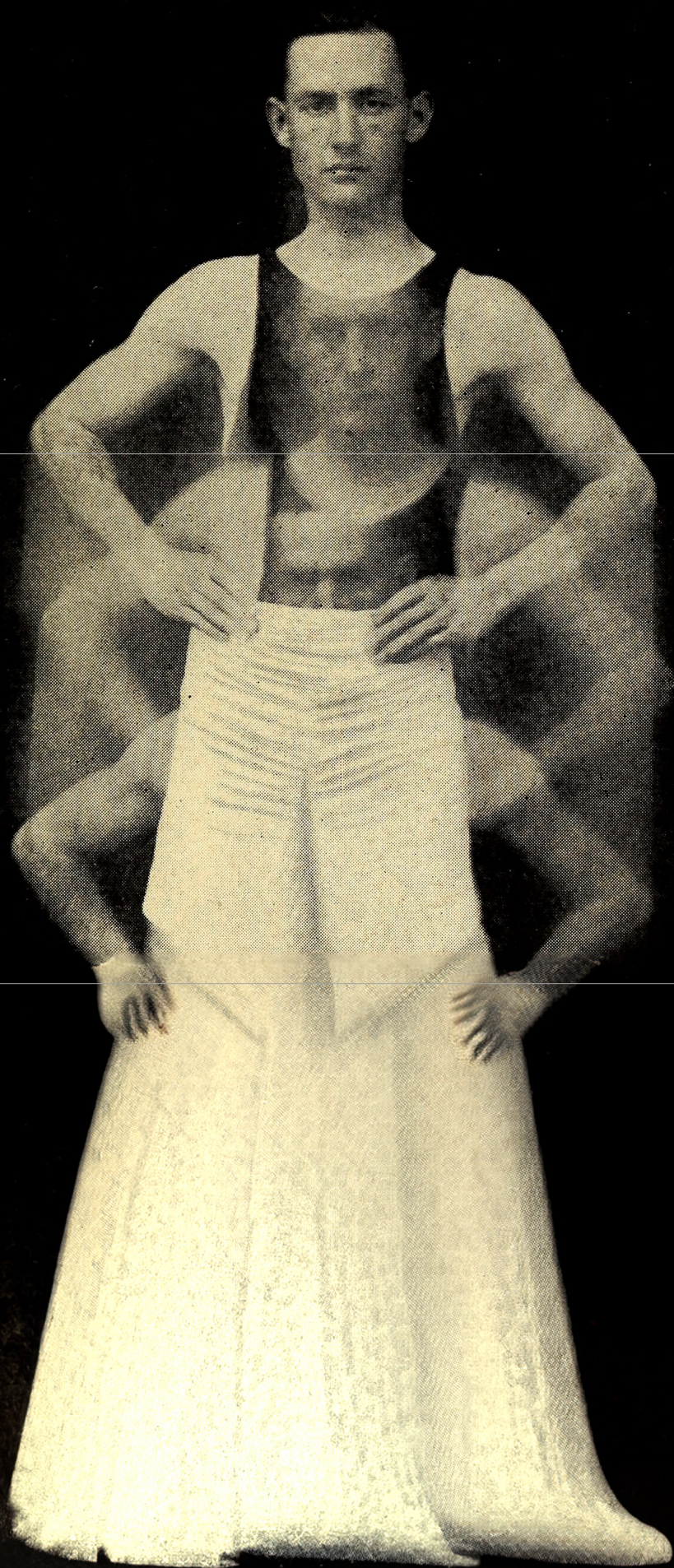
Part i

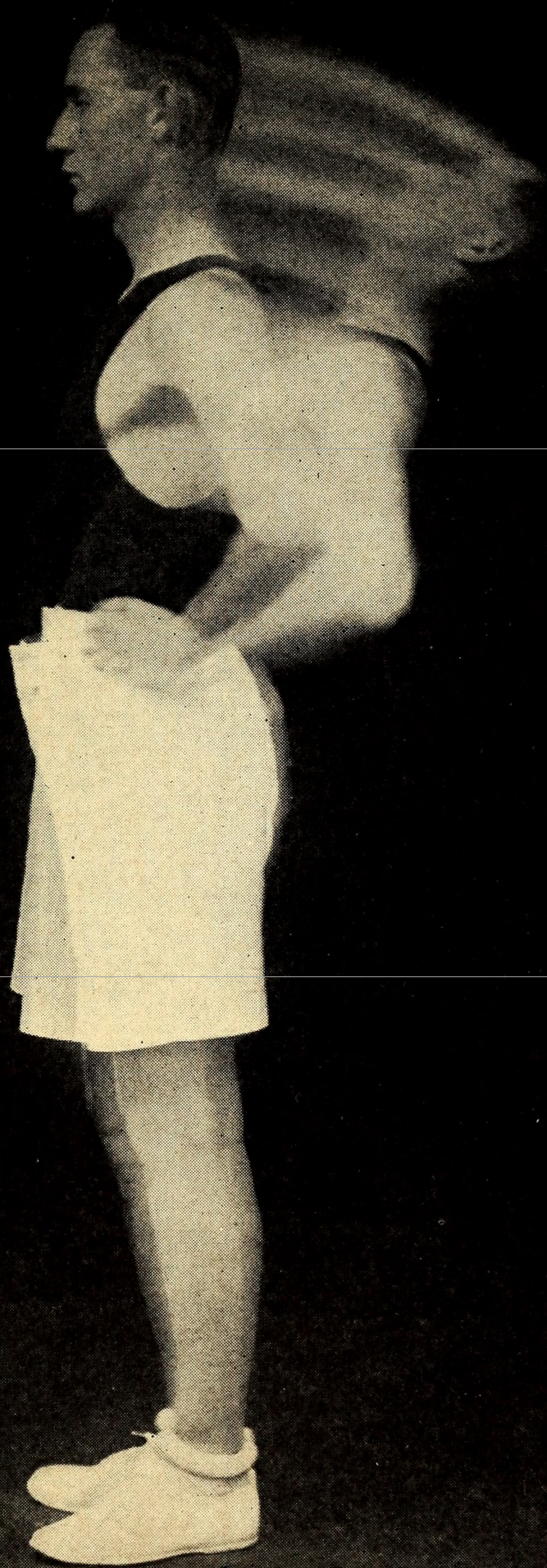
Physical Training for Business Men

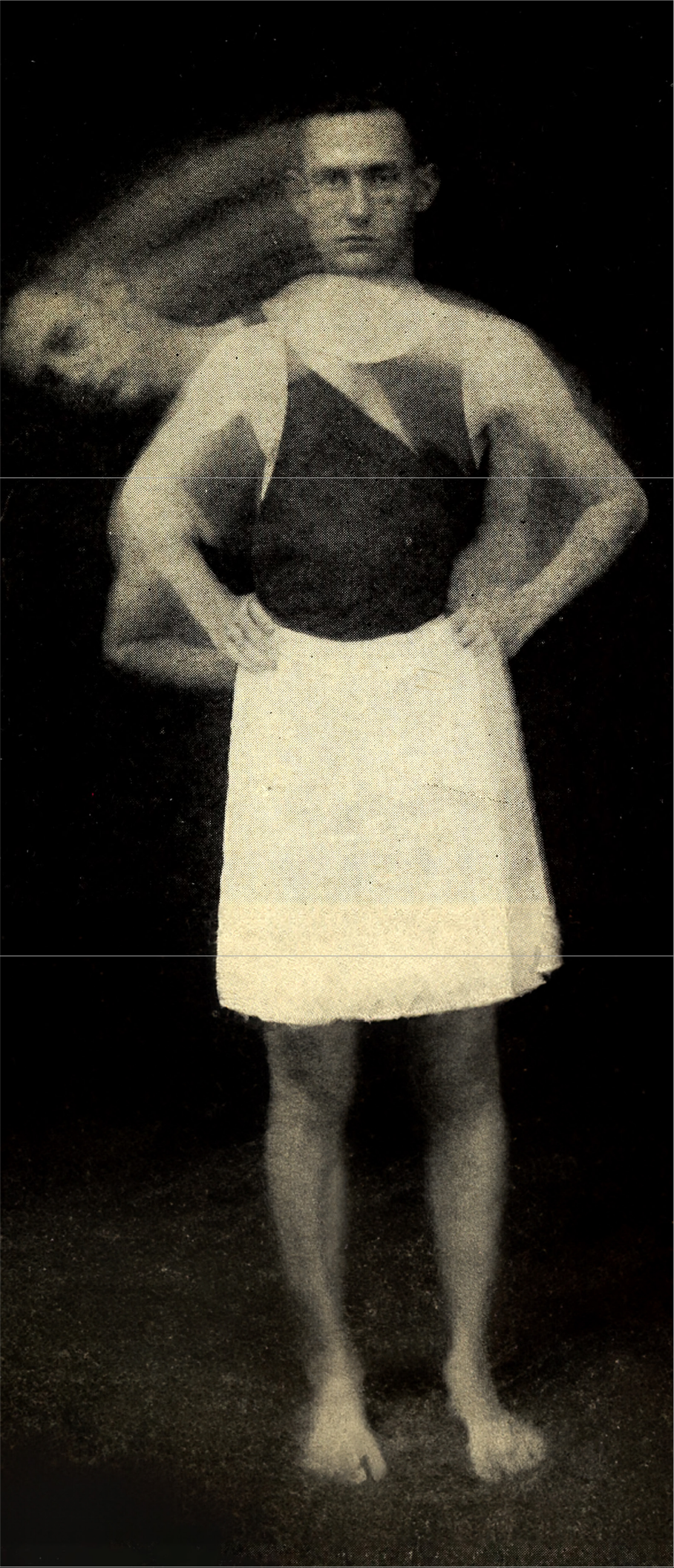
“The business man must possess an impressive carriage and appearance to succeed in the business world.”

Hancock, H. Irving. Physical Training for Business Men: Basic Rules and Simple Exercises for Gaining Assured Control of the Physical Self.
New York and London: G.P. Putnam's Sons, 1917.

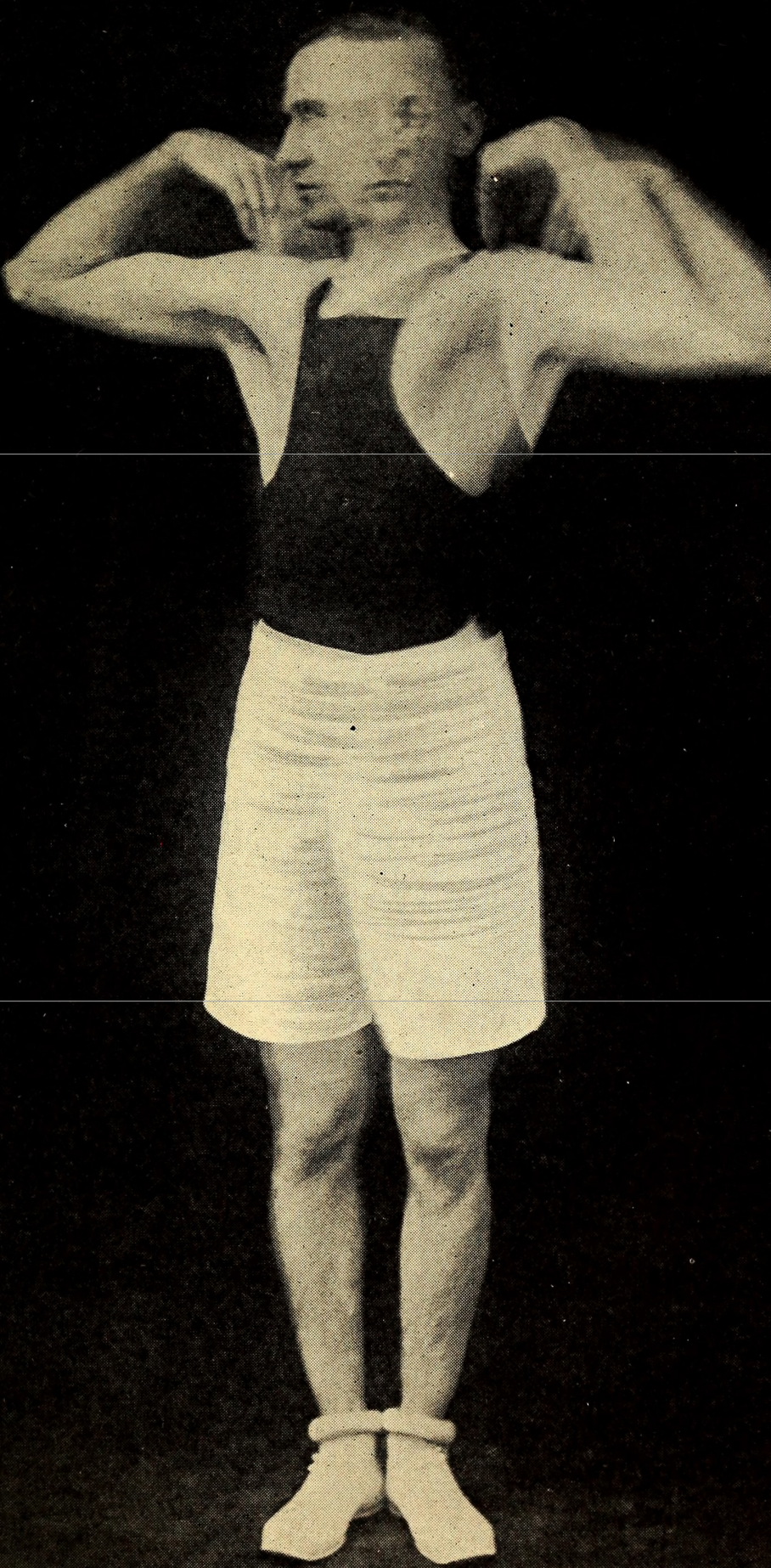


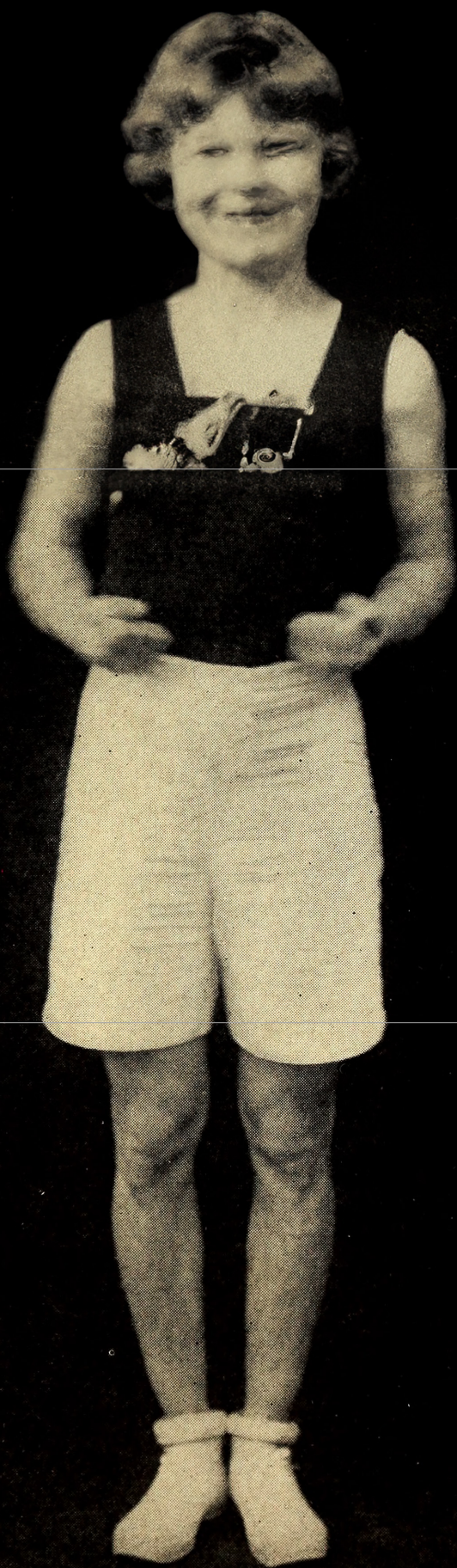






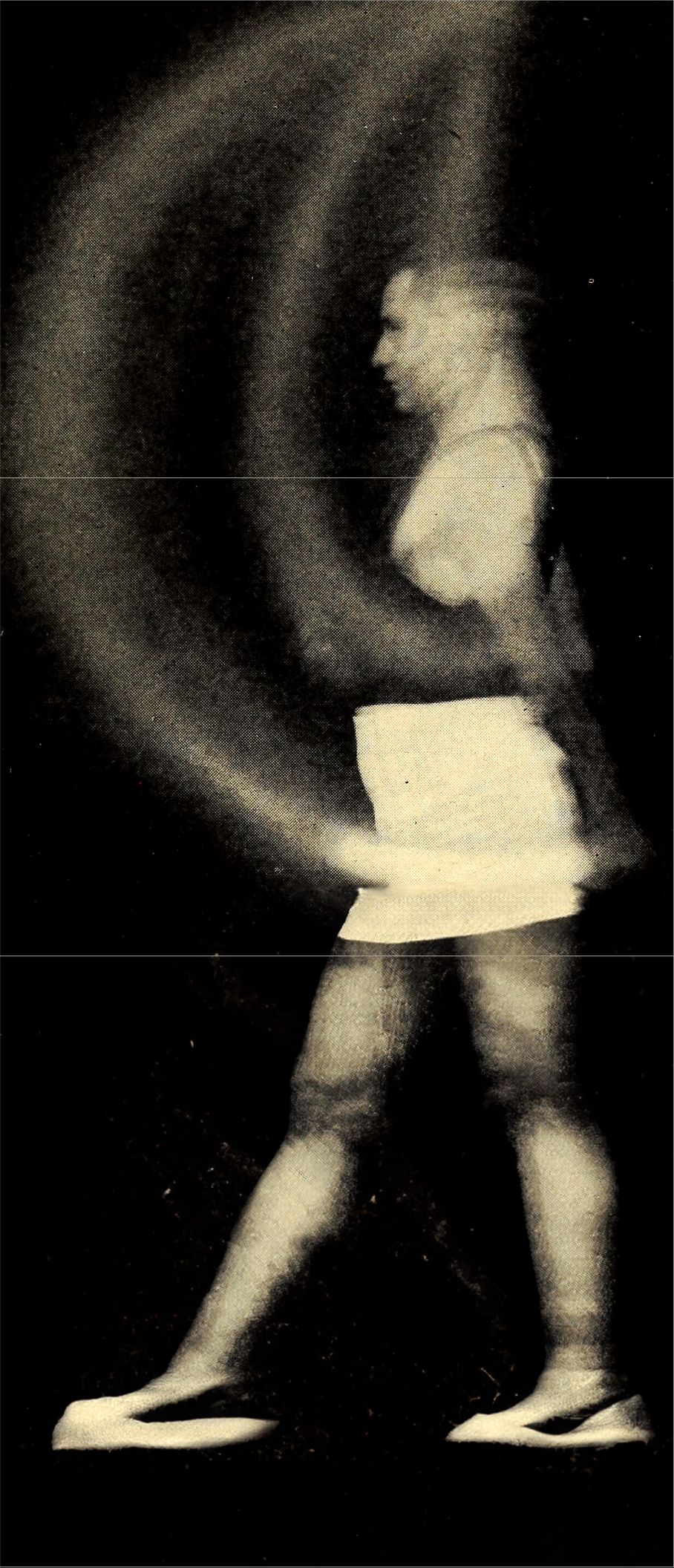


















Part ii

Physical Training for Women

“Women should engage in exercises that enhance their elegance and poise, reflecting their societal roles.”

Hancock, H. Irving. *Physical Training for Women by Japanese Methods*.
New York and London: G.P. Putnam’s Sons, 1904.









