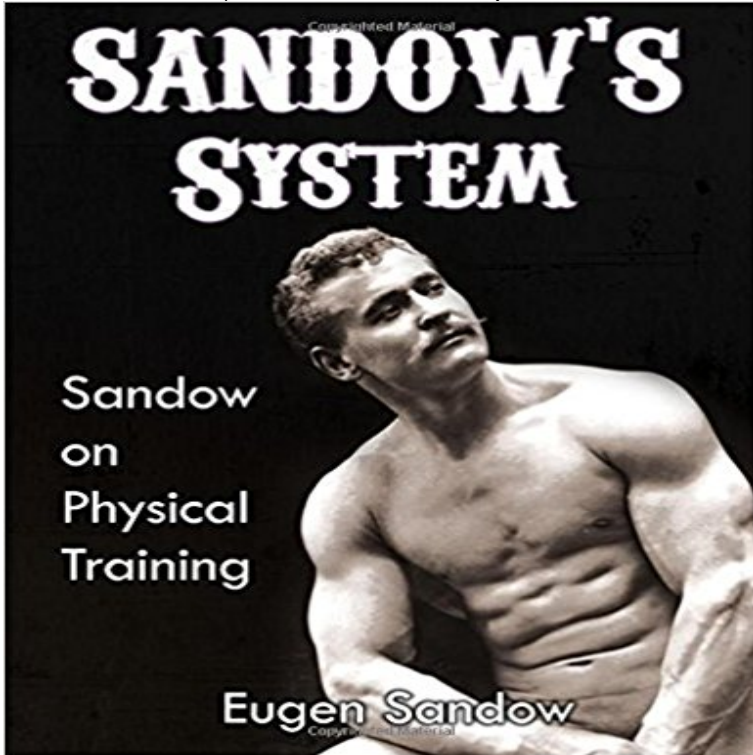


# SANDOWS System: Sandow on Physical Training (ORIGINAL 1894 VERSION, RESTORED)



Compiled and edited, under Mr. Sandows instruction by G. Mercer Adam This is an 8.5 by 11 original version, restored and re-formatted edition of Sandows 1894 classic. The text remains exactly as written. This book has many pages with old photographs and illustrations. This is a must have book for your physical culture library. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

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