

Free and Easy Exercise



This series introduces eight kinds of simple and practical traditional health maintenance exercises, especially focusing on the traditional and classical exercises as well as the practical and effective health preservation skills in clinical and teaching practice, including eight trigrams boxing, five-animal exercise, muscle-bone strengthening exercise, relaxation exercise, free and easy exercise, tianzhu guidance exercise, standing exercise, soft and relaxed exercise, etc. The book covers the exercises historical origin, operation, effect, warding off disease and clinical application.

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[\[PDF\] The Mountaineer / Vol. 58, No. 4 / March 15, 1965](#)

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