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# Manual of Instruction in the Use of Dumb Bells, Indian Clubs, and Other Exercises

*Morris Bornstein*

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**Manual of Instruction in the Use of Dumb Bells, Indian Clubs, and Other Exercises** Morris Bornstein In the decades following the American Civil War, reformers championed the explosion of public gymnasiums and fitness centres in cities all across the country. In the opinion of many reformers, being truly fit was not only of physical value, but was also conducive to moral superiority. This manual by Morris Bornstein was one of numerous texts from this period that looked to instruct Americans in the use of Indian clubs and dumbbells, which continue to be popular and effective tools for exercise today. An interesting and informative book, this 'Manual Of Instruction In The Use Of Dumb Bells, Indian Clubs, And Other Exercises' will greatly appeal to those with an interest in the methods discussed herein, and makes for a worthy addition to any collection of fitness-based literature. We are proud to republish this antique text now complete with a new introduction on the subject.

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