



Indian Club Exercises

Sim D Kehoe

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Indian clubs have had a resurgence of popularity in the past couple years. They're a great way to train for general fitness, mobility, flexibility and coordination. Once you try swinging the clubs you're likely to fall in love with them.

While there are trainers certified in the art these days, you can step back in time to the classic and original book on Indian club exercises. After an overview of what Indian clubs can do for you, you'll discover...

The 8 Movements that form the Alphabet of Indian Club Exercises.

And then 20 specific exercises with drawings and details instructions for each.

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