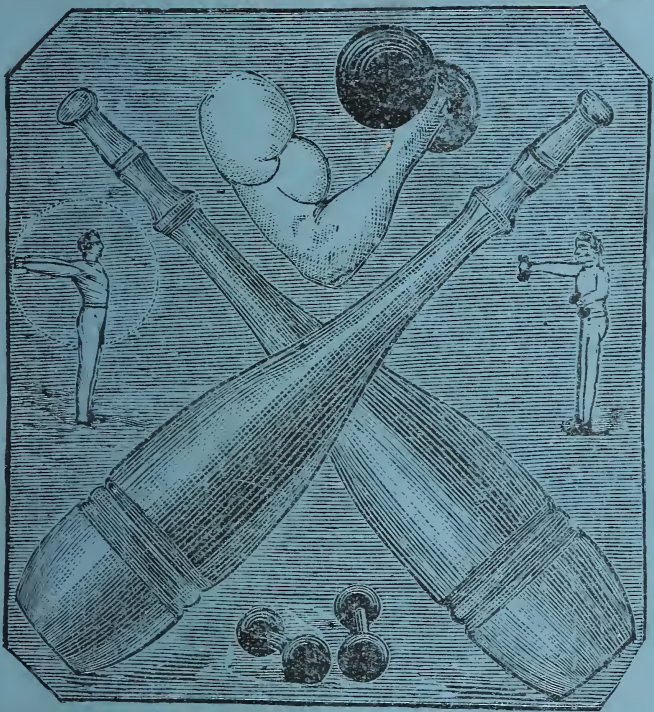


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ED. JAMES' STANDARD SPORTING SERIES, No. 6.

THE
DUMB-BELL
AND
INDIAN CLUB



Illustrated with 36 Original Engravings,

BY

E. JAMES

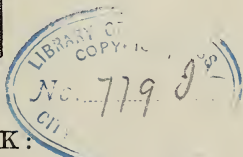


THE
DUMB-BELL
AND
INDIAN CLUB,

EXPLAINING
THE USES TO WHICH THEY MAY BE PUT,
WITH NUMEROUS
ILLUSTRATIONS OF THE VARIOUS MOVEMENTS ;

ALSO
A TREATISE ON THE MUSCULAR ADVANTAGES
DERIVED FROM THESE EXERCISES.

1551
By
ED. JAMES,
AUTHOR OF "HEALTH, STRENGTH AND MUSCLE," "PRACTICAL TRAINING,"
"MANUAL OF SPORTING RULES," "THE GAME COCK,"
"TERRIER DOGS," ETC., ETC.



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R. A. PENNELL.

THE DUMB-BELL EXERCISE.

THERE is no simpler nor, on the whole, more beneficial exercise for improving the wind and developing the muscles of the human frame than that derived from the proper use of dumb-bells; by this we mean at appropriate times, and not so long as to fatigue or distress the individual. The best time is on rising and about two hours after eating, with a few minutes' practice before retiring—from five to fifteen minutes at a time, such will be found better than longer exercising, and many turns will do more good than few of long duration. A pair of five-pound bells will be found heavy enough to commence with, and, as a general thing, oarsmen, pedestrians and boxers do not use heavier than eight-pounders, the very weighty bells being calculated to make such athletes slow in their movements.

POSITION.

Stand erect, heels together, toes pointing outward and apart. The chest should be well expanded, the shoulders thrown back and the chin slightly raised.

FIRST EXERCISE.

Take the dumb-bells, one in each hand, and hold them down horizontally by your sides, full length of arms, clear from the body, the tips of the fingers, as they are holding the bells, to point outward, thus throwing the inside part of the arms to the front. Then draw them both well up to the front of the shoulders, by describing a half circle forward; turn the bells perpendicular at the shoulders and elevate to the full length of the arms, above the head, allowing the bells to remain in their perpendicular position. To regain the original position, lower the bells to the front of the shoulders, turn them horizontally, and drop the arms, describing the half circle in front of you downwards. This exercise develops the muscles of the biceps.

SECOND EXERCISE.

Extend both arms above the head, the ends of the bells touching, lower the arms, turning the bells upright, and, with feet extended, swing them between the legs. This is sometimes called the chopping motion, and in practicing it the lungs should expire as the bells descend, and inspire as the body regains its erect position. The lungs should be fully inflated each time the body becomes erect. This is particularly beneficial to the lungs and abdomen.

THIRD EXERCISE.

Hold the bells perpendicularly on a line with the shoulders in front, that is, touching them, not higher; then strike out in front of you in a straight line, and with full force draw quickly back again. You can vary this movement by throwing out both arms at the same time or alternately. This is very beneficial in expanding the chest.

FOURTH EXERCISE.

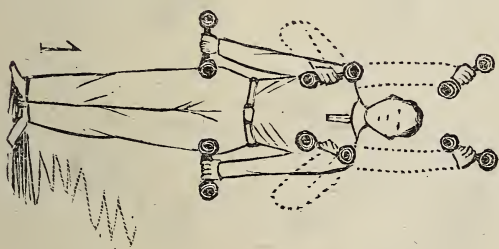
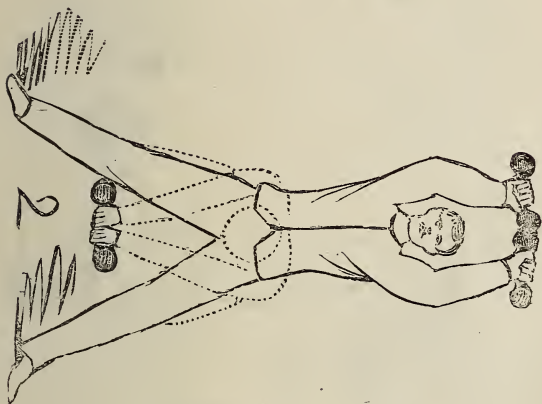
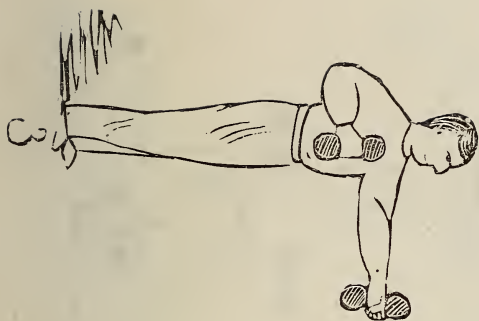
The bells to be held down at the sides, the tips of the fingers inwards towards your thighs, the bells thereby being parallel to each other, on each side. Draw them, with a jerk, close by each side of your body, up to and under the arm-pits from which place drop the bells immediately to the original position at the sides. This exercise greatly benefits the shoulder muscles.

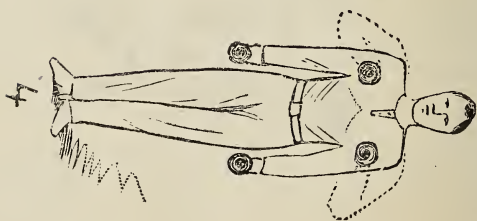
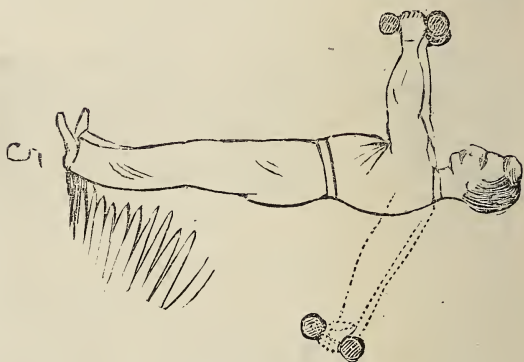
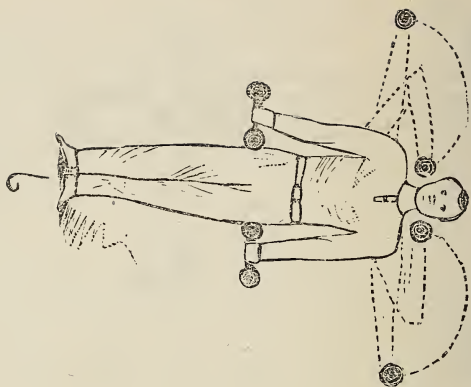
FIFTH EXERCISE.

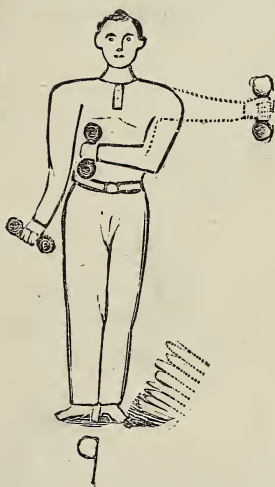
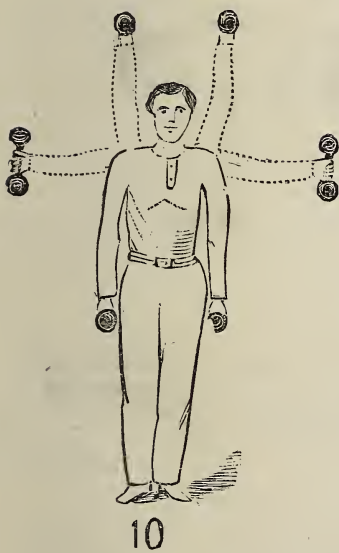
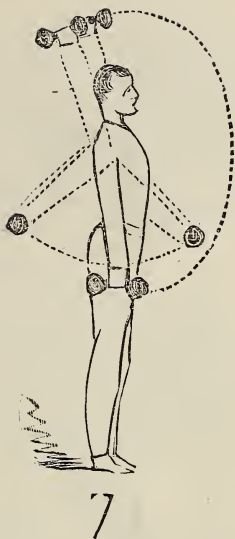
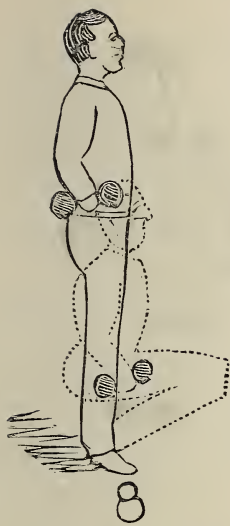
With the bells held well out in front of you at arm's length, allowing them to touch each other on ends (not parallel), the back knuckles being up and outward, and describe a half circle simultaneously with each hand backward, touching the bells behind you in the same manner as they do when in front, and thus making a complete circle around you. The muscles of the chest and shoulders combined are developed in this action.

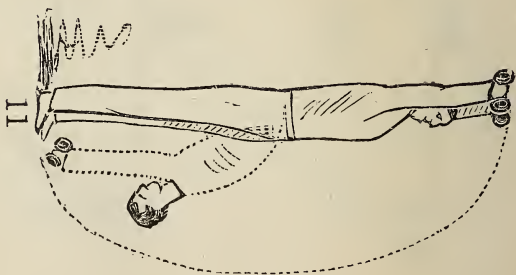
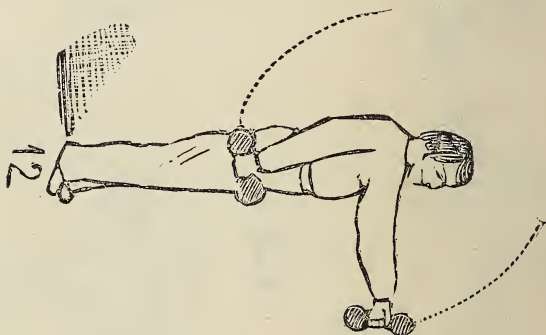
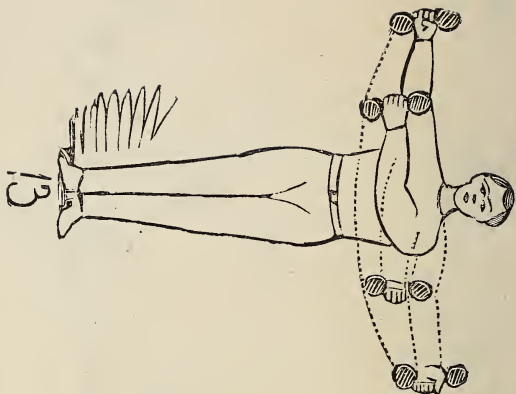
SIXTH EXERCISE.

In this motion the bells must be held upon and across the shoulders, close to the neck, but not allowing them to touch the body. The points of the elbows should be well up. Then describe a semi-circle on each side by throwing out the arms full length, on a line with the shoulders sideways. This movement exercises both the biceps and shoulder muscles.









SEVENTH EXERCISE.

Hold the bells in the same position as described in the Fifth Exercise, viz. : in front of you ; then raise them, full length of arms, over the head, keeping the arms perfectly stiff ; when above the head, move arms slightly back, and at the same time bend back with the upper part of the body. This should be practiced very slowly and carefully. The abdominal muscles, as also those of the loins, are brought into prominent action by this exercise.

EIGHTH EXERCISE.

The arms to hang naturally at the sides, with a bell in each hand, the same as in the Fourth Exercise. The object here is to touch the floor on each side of you with the dumb-bells by bending the knees, but not moving the feet, which are to be in the proper position, as described previously. Immediately on touching the floor, spring back into the original position, and repeat. This exercises the muscles of the entire leg.

NINTH EXERCISE.

The bell in the right hand to be held perpendicularly in front of the left shoulder, and that in the left hand the same, in front of the right shoulder, thereby crossing the arms. Then describe a half-circle with each hand by throwing each arm out to the front, and then to the sides, horizontally, full length, and both at the same time. Vary the exercise by throwing the arms out alternately, for instance ; the left arm being out at the side, extended, while the right is across the chest, the bell in the right hand touching the left shoulder in front. These motions bring into play the muscles of the entire arms and shoulders.

TENTH EXERCISE.

The positions in which the bells should be held are the same as described in the Third Exercise. Then strike with both straight up above the head, draw back to original position, strike out to the sides, draw back again, and strike downward. By these movements the chest, arms and shoulders are benefited.

ELEVENTH EXERCISE.

Both arms, with bell in each hand, to be held straight up, over the head, full length ; the bells to be close together, overhead ; then bring both arms forward, always keeping

the bells together, and touch the floor in front of your toes, by bending forward with your body, and without bending the knees or moving the feet. The arms and legs must be kept perfectly stiff throughout the exercise. The muscles of the back, loins, arms and legs are exercised in this movement.

TWELFTH EXERCISE.

Taking a bell in each hand, swing around as if turning a wheel, one arm being turned forward and the other backward. This will require a great deal of practice, and the idea is to keep both arms going at the same time.

THIRTEENTH EXERCISE.

With a bell in each hand, held perpendicularly, on a line with the shoulders, but extended towards the left, swing both arms in front of the body, from left to right, and back again to left, keeping the feet together firm in one position. This motion invigorates the muscles of the shoulders and loins.

FOURTEENTH EXERCISE.

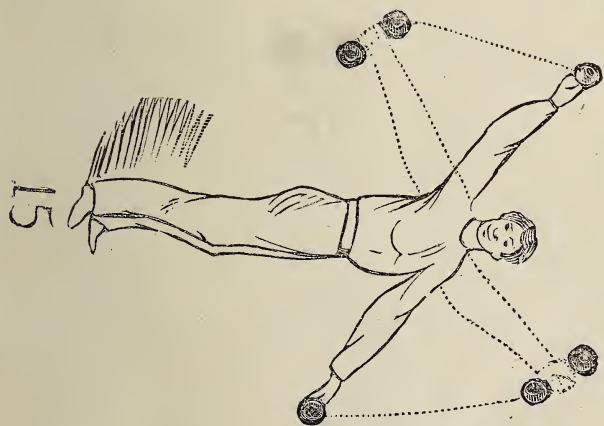
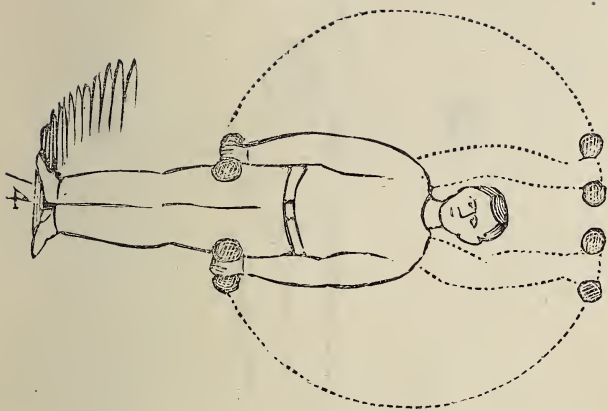
The bells should be held down; fingers towards the thighs, and then raised by describing a semi-circle simultaneously with both hands over the head, turning the bells, so that the ends strike, and then bring them back with the same curve towards the sides. All the muscular formation of the chest and fore-arms are thereby brought into action.

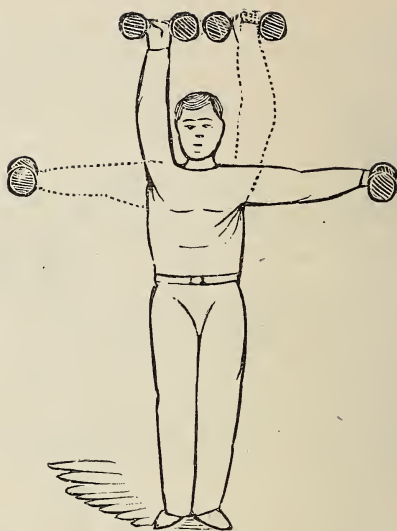
FIFTEENTH EXERCISE.

With the dumb-bells held horizontally, tips of fingers outward, and knuckles downwards; extend both arms at full length, one pointing upwards, the other downwards, keeping the arms stiff; move the left arm upward and the right downward, and then reverse. The respiratory organs and the arms from the shoulders to the elbows are strengthened by this movement.

SIXTEENTH EXERCISE.

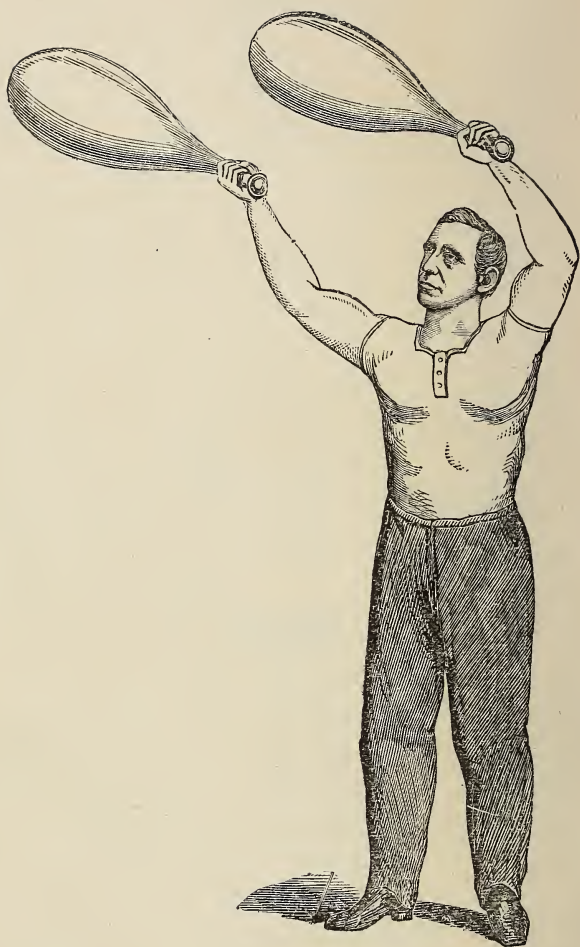
Raise the right arm above the head perpendicularly, the bell being horizontal, with fingers outward; extend the left arm horizontally, the bells on a line with the arm, fingers upward; lower the right arm, turning the bell similar to the left, raising the left arm and twisting the bell the same as the right. The muscles of both sides of the body, the shoulders, upper arms and wrists are called into active use in this manœuvre.



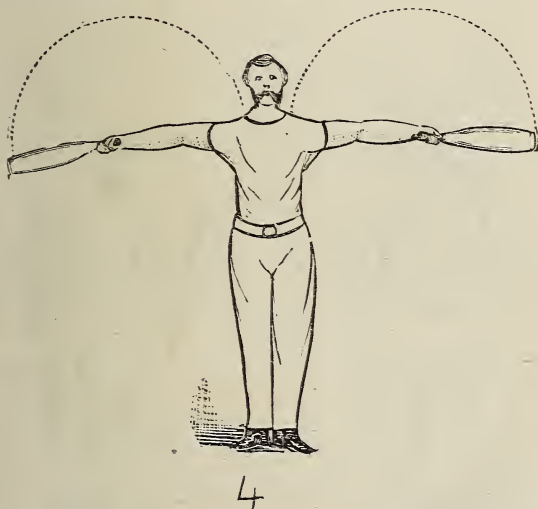
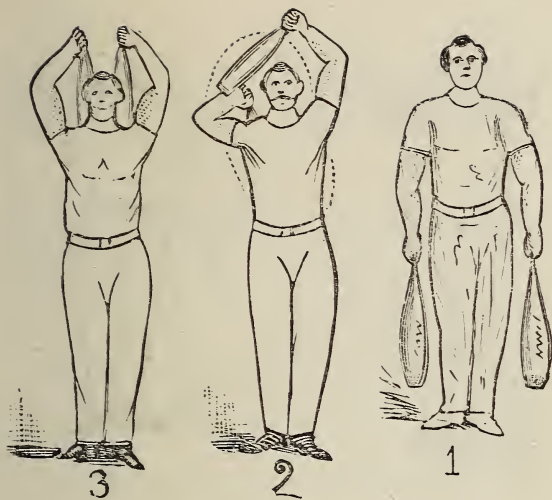


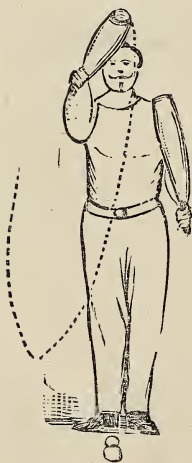
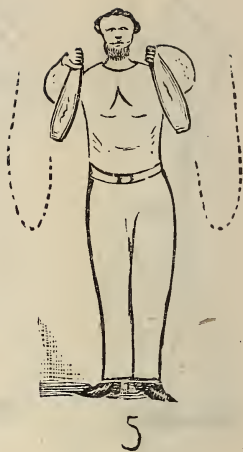
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HARRY HILL.





THE INDIAN CLUB EXERCISE.

IN a book of this kind, devoted to the proper use and application of the Indian Club, as a motor for benefiting and preserving the health and developing the muscle, there is no necessity for going into a history of the origin of this appliance for physical culture, as that has little to do with a book of instruction. Instead, therefore, of endeavoring to spin out a yarn of fifty or more pages, we will come direct to the point, prefacing with the remark that although but two-thirds of the body, viz., from the loins upward, are called into operation in this exercise, its importance must be estimated by the fact that they are precisely those requiring constant artificial practice, being naturally most exempted from exertion.

FIRST EXERCISE.

A club is held by the handle, pendant on each side (fig. 1) —that in the right hand is carried over the head and left shoulder until it hangs perpendicularly on the right side of the spine (fig. 2); that in the left is carried over the former, in exactly the opposite direction (fig. 2), until it hangs on the opposite side; holding both clubs still pendant, the hands are raised somewhat higher than the head (fig. 3), with the clubs in the same position; both arms are extended outward and backward; they are lastly dropped into the first position; all this is done slowly.

SECOND EXERCISE.

Commencing from same position, the ends of both clubs are swung upward until they are held vertically and side by side, at arms' length in front of the body, the hands being as high as the shoulders; they are next carried in same position, at arms' length, and on the same level, as far backward as possible; each is then dropped backward until it hangs vertically downward, and this exercise ends as first. Previously, however, to dropping the clubs backward, it greatly improves this exercise by a turn of the wrist upward and backward, to carry the clubs into a

horizontal position behind the shoulders, so that, if long enough, their ends would touch (fig. 4), next by a turn of the wrist upward and downward, to carry them horizontally outward, then by a turn of the wrist upward and forward, to carry them into a horizontal position before the breast.

THIRD EXERCISE.

A club is held forward and upright in each hand, the forearm being placed horizontally by the haunch on each side, both are thrown in a circle upward, forward, and by a turn of the wrist downward and backward, so as to strike under the arms (fig. 5), by an opposite movement both arms are thrown back again in a similar circle till they swing over the shoulders (fig. 6), and this movement is continued as long as agreeable.

FOURTH EXERCISE.

The clubs are held obliquely upward in each hand, lying on the front of the arm; that in the right hand is allowed to fall backward (fig. 7) and swing downward, forward to the extent of the arm, and as high as the head (fig. 8); the moment this club begins to return from this point in precisely the same direction to the front of the arm, that in the left hand is allowed to drop backward and to perform the advancing portion of this course in the time that the other performs the returning portion, so that each is the same time swinging in an opposite direction.

FIFTH EXERCISE.

From either of the first positions now given the clubs are by a turn of the body, and extension of the arms, thrown upward, and laterally (fig. 9) make, at the extent of the arms, and in front of the figure, a circle in which they sweep downward by the feet and upward over the head, and fall in a more limited curve towards the side on which they began (fig. 10) in such a manner that the outer one forming a circle around the shoulder and the inner one around the head (both passing swiftly through the position in the last figure of the first exercise), they return to the first position; this is repeated to the other side, and so on alternately.

SIXTH EXERCISE.

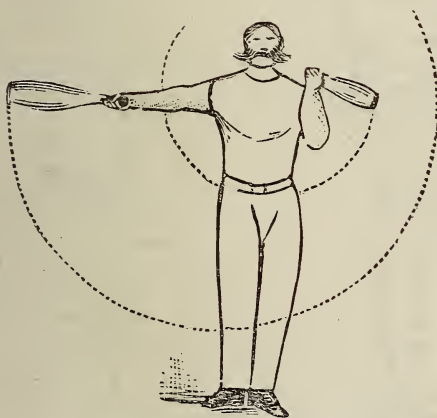
Beginning from either first position, the body being turned laterally, for example, to the left, the club in the right hand is thrown upward in that direction at the full



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extent of the arm and makes the large circle in front and curve behind as in the last exercise (fig. 11), while the club in the left hand makes at the same time a smaller circle in front of the head and behind the shoulders (figs. 19, 20, 21), until, crossing each other before the head (rather on the right side), their movements are exactly reversed, the club in the right hand performing the small circle round the head, while that in the left performs the large one, and these continue to be repeated to each side alternately.

SEVENTH EXERCISE.

The clubs being in either first position the body is turned to one side, the left, for example, and the clubs being thrown out in the same direction, make each by a turn of the wrist a circle three times on the outer side of the outstretched arm (fig. 12); when completing the third circle the clubs are thrown higher to the same side, sweeping together in the large circle in front, as in the second exercise, the body similarly turning to the right, but, instead of forming the smaller curve behind, both are thrown over the back (fig. 13); from this position the clubs are thrown in front, which is now towards the opposite side, and the same movements are reversed, and so it proceeds alternately to each side.

EIGHTH EXERCISE.

In this exercise the clubs are reversed, both being pendant in front, but the ends of their handles being upward on the thumb side of the hand. The exercise consists chiefly in describing with the ends of the clubs two circles placed obliquely to each other over the head. For this purpose the club in the right hand, in a sweep to that side, first elevated behind the head, and thence passing to the left (fig. 14), the front, the right (fig. 15), behind (where its continuation is indicated in fig. 15 and completed in fig. 16), thus forms its circle; meanwhile, the club in the left hand, commencing when that in the right was behind the head, has passed on the back of its circle to the right (fig. 15), while that in the right hand has passed on the front of its circle to the same side (fig. 15), the parts performed in both being marked by complete lines, and the parts to be done merely indicated, and they continue that in the right hand by the back, and that in the left by the front, towards the left side (fig. 16), and so on at pleasure circling over the head.



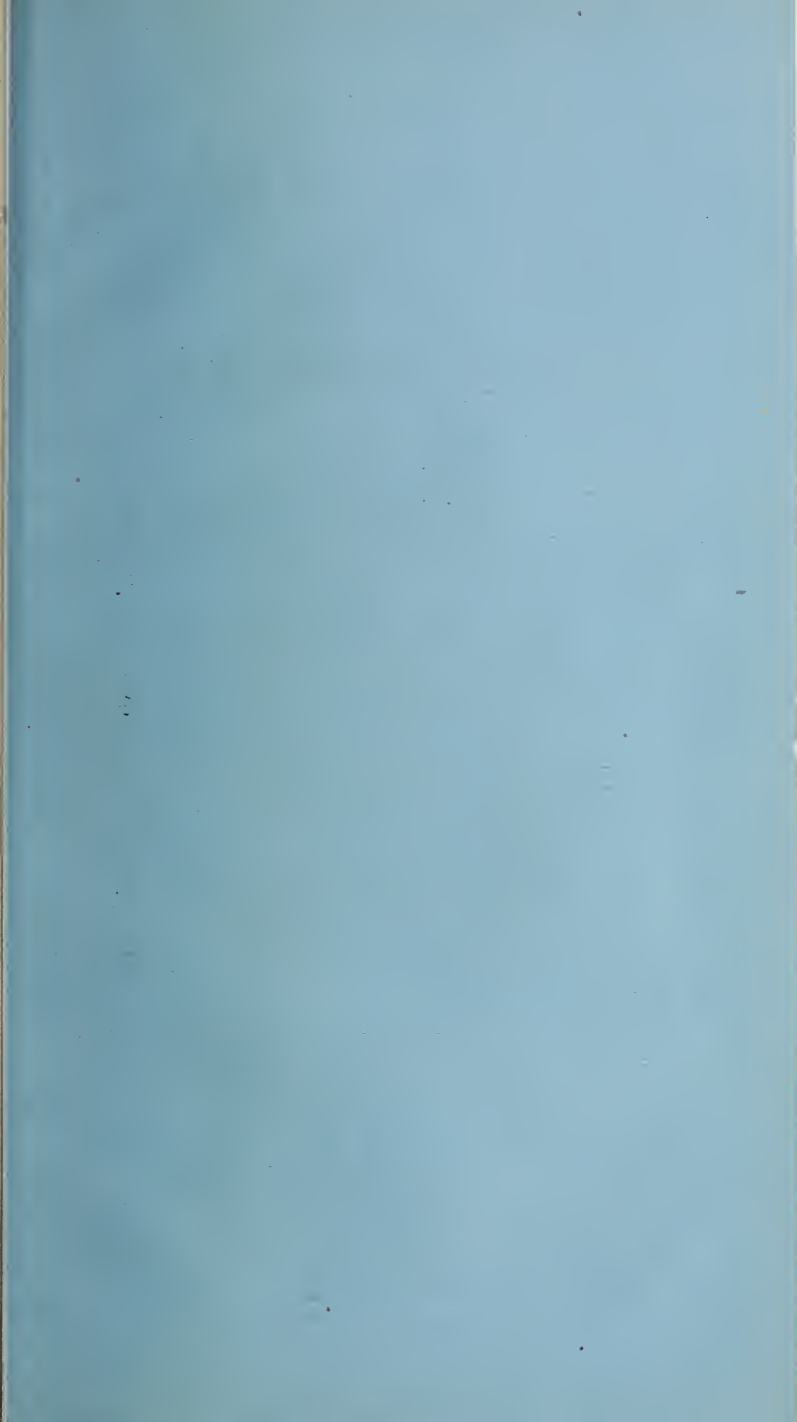
RICHARD A. PENNELL.

OF all the celebrated athletes of modern times, Mr. Pennell (whose portrait is given elsewhere) in his specialty of heavy dumb-bell lifting, ranks first and foremost, and his wonderful feat of raising a $201\frac{1}{4}$ bell with one hand, above his head at arms' length, as represented in our engraving, is proof positive of our assertion. This gentleman, who is "native and to the manor born," is a good representative of what may be achieved by those whose calling is not that of wielding the blacksmith's hammer, or other muscle-making trades, for he handles nothing heavier than the pen in his calling, but, having an inborn love of gymnastics, has risen to his present enviable position, and is a credit to the American people. Being in the very prime of life, it would be a difficult matter to fix the limit of his strength, provided he continues his practice, and when we add that he is an affable, genial, courteous gentleman, we shall be thanked by his legend of friends for introducing his pleasant face and herculean frame to our readers.

HARRY HILL.



THE familiar face of this gentleman, who is, perhaps, better known by reputation than any one in the great metropolis of New York, will be recognized at once by his friends and the public generally. He is represented in his favorite exercise, that of swinging a pair of thirty-eight pound Indian clubs—a feat very few care to attempt, and fewer still can accomplish. For a man of Mr. Hill's years and calling, he is a living example of the practical benefits and results of systematic and well-timed exercise, being apparently no older in appearance and activity than he was a quarter of a century ago. He has given aid, encouragement and patronage to athletic sports of almost every description, and his theatre has been the scene of more muscular exploits than any other one place in the country. He was one of the first to appear in public with the improved Indian clubs, and his name will be always associated therewith. Mr. Hill is a gentleman of large means, passionately fond of horses—owning some of the best that money will purchase—and enjoys an enviable reputation for integrity all over the country.

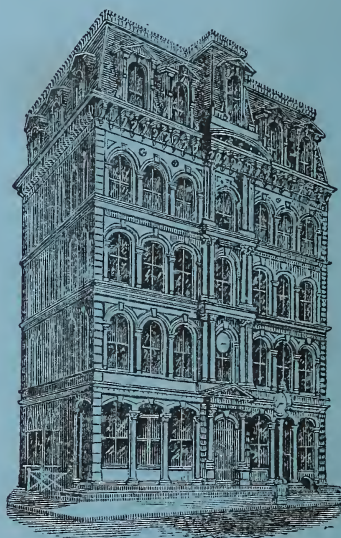


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