



Lessons In Wrestling and Physical Culture (Illustrated)

Martin Farmer Burns

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Lessons In Wrestling and Physical Culture: Illustrated, by Martin "Farmer" Burns. This is the complete course all twelve lessons in six books.

The original Farmer Burns, the best known, and most scientific wrestler that ever lived, trainer and manager of the marvelous and undefeated World's Champion Frank Gotch, will teach you at home, all the science, holds, breaks, defenses, and tricks of the wonderful art of Wrestling and Self Defense.

This incredible course, divided into twelve different lessons, is a literal gold mine of information on catch wrestling; including throws, pinning and submission holds.

In his later years he ran a gym to train young athletes, and he also created his own custom mail order physical education course, which is where this exercise is derived.

Learn to train these Ignored Muscles. What this exercise does is train two ignored groups of muscles of the midsection, the transverses abdominus and internal obliques.



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