

**HAND-BOOK OF
LIGHT
GYMNASTICS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649437641

Hand-book of Light Gymnastics by Lucy B. Hunt

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LUCY B. HUNT

**HAND-BOOK OF
LIGHT
GYMNASTICS**



HAND-BOOK
OF
LIGHT GYMNASTICS

By LUCY B. HUNT

LATE INSTRUCTOR IN GYMNASTICS AT SMITH COLLEGE
NORTHAMPTON MASS.

NEW EDITION

BOSTON
LEE AND SHEPARD PUBLISHERS
NEW YORK CHARLES T. DILLINGHAM
1890

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AT HARVARD**

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2006

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19. $\frac{1}{x^2} = x^{-2}$. Then $\frac{d}{dx} x^{-2} = -2x^{-3} = -\frac{2}{x^3}$.
20. $\frac{d}{dx} x^{-1} = -x^{-2} = -\frac{1}{x^2}$.
21. $\frac{d}{dx} x^{-3} = -3x^{-4} = -\frac{3}{x^4}$.
22. $\frac{d}{dx} x^{-4} = -4x^{-5} = -\frac{4}{x^5}$.
23. $\frac{d}{dx} x^{-5} = -5x^{-6} = -\frac{5}{x^6}$.
24. $\frac{d}{dx} x^{-6} = -6x^{-7} = -\frac{6}{x^7}$.
25. $\frac{d}{dx} x^{-7} = -7x^{-8} = -\frac{7}{x^8}$.
26. $\frac{d}{dx} x^{-8} = -8x^{-9} = -\frac{8}{x^9}$.
27. $\frac{d}{dx} x^{-9} = -9x^{-10} = -\frac{9}{x^{10}}$.
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96. $\frac{d}{dx} x^{-78} = -78x^{-79} = -\frac{78}{x^{79}}$.
97. $\frac{d}{dx} x^{-79} = -79x^{-80} = -\frac{79}{x^{80}}$.
98. $\frac{d}{dx} x^{-80} = -80x^{-81} = -\frac{80}{x^{81}}$.
99. $\frac{d}{dx} x^{-81} = -81x^{-82} = -\frac{81}{x^{82}}$.
100. $\frac{d}{dx} x^{-82} = -82x^{-83} = -\frac{82}{x^{83}}$.

P R E F A C E.

IN the preparation of this little handbook of light Gymnastics, I have had in view the often-expressed want of many; which want, so far as I can learn, no one has yet attempted to supply. It is not intended to compete with, or take the place of, the many valuable works on this subject by Dr. Dio Lewis and others; but to give, in an inexpensive form, a condensed yet clear description of the various exercises.

Most books that have been thus far published, are, by reason of illustrations and the additional subjects treated, both expensive and bulky.

Taking the Dio Lewis system as a foundation, I have, during the experience of many

years' teaching, added to, taken from, and altered various exercises, resulting in the order now published for the first time in these pages.

I claim, therefore, originality in the arrangement, and in a greater part of the marching figures.

While this book is intended and prepared for the use of my own pupils, and for teachers in colleges and seminaries, it is hoped that it will prove a convenient guide to those who wish to carry on these exercises at home.