

**CLASSIFIED GYMNASIUM
EXERCISES OF
SYSTEM OF R. J.
ROBERTS, WITH NOTES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649517756

Classified Gymnasium Exercises of System of R. J. Roberts, with Notes by A. K. Jones

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Cover @ 2017

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A. K. JONES

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CLASSIFIED
Gymnasium Exercises

GV
461
J76
1904

OF SYSTEM OF R. J. ROBERTS

WITH NOTES

COMPILED BY A. K. JONES

REVISED AND ENLARGED WITH
NEW ILLUSTRATIONS

SPRINGFIELD, MASS.
"OLD CORNER BOOK STORE"
1904

NOTE.

This fourth edition of **CLASSIFIED GYMNASIUM EXERCISES**, like the first, is prepared alike for those who lead classes in gymnastics and their pupils.

Having explicit notes on groups of calisthenic exercises, it will be useful for those interested in physical culture at home.

ARM THRUSTS WITH LEG EXPRESSION.

1. Back Horizontal, add Back Hammer.
2. Side of Thigh, add Back Oblique Hammer.
3. Sides Horizontal, add No. 1 Side Hammer.
4. Front Horizontal, add Front Oblique Hammer.
5. High Vertical, add Front Oblique Hammer.

NOTES.

POSITION.—Feet together; hands on upper front chest. Shoulders well back. Perform each thrust on sixteen counts.

1. Thrust the hands down under armpits, and to a back horizontal as near as possible, without throwing the head forward.
- 2-5. Thrust the hands in the direction mentioned.

COMBINATIONS.—Combine 1 and 2, 2 and 3, 3 and 4, and 4 and 5.

TWELVE-COUNT COMBINATION.—Make each separate thrust in order *once* and after bringing the hands down from high-vertical, raise them again to a vertical; then separate, bringing them down hard through side horizontals to thighs.

Do not add the hammers until the class becomes familiar with the arm thrusts.

FREE THIGH WORK.

1. Right Front Thigh.
2. Left Thigh.
3. Right Outside Thigh.
4. Left Thigh.
5. Right Inside Thigh.
6. Left Thigh.
7. Right Back Thigh.
8. Left Thigh.

NOTES.

Stand with feet together and hands on hips. Body *erect*. Practice each movement on eight or twelve counts, first with right thigh, then with left.

1. Raise the right thigh in front of the body, knee straight and toe pointing away from the body; and return to the side of left.
3. Raise the right thigh out to the right side and return.
5. Cross right thigh in front of left, and return.
7. Raise the right thigh backwards, and return.

HOME DUMB-BELL DRILL.

- | | |
|-------------------------------------|-----------------------|
| 1. Forward push. | Emphasize all counts. |
| 2. Sternum elevator. | “ 2 and 4 “ |
| 3. Push to sides horizontal. | “ all “ |
| 4. Side chest opener. | “ 3 and 4 “ |
| 5. Vertical push. | “ all “ |
| 6. Muscular chest. | “ 3 and 4 “ |
| 7. Flip. (Don't go beyond vertical) | “ all “ |
| 8. Dry land swim. | “ 2 and 4 “ |
| 9. Combine 1, 3, 5 and 7. | “ all “ |
| 10. Cradle rock and yawn stretch. | “ all “ |



1st Position.

NOTES.

In any of the movements, in swinging high overhead, do not lean back beyond the vertical, except in special cases of corpulent men who need abdominal muscle work.

By "emphasize" is meant, more power to be put on the part of the exercise thus designated than on the other parts.

The bent arm movements are 1, 3, 5, 7 and 9.

The stiff arm movements are 2, 4, 6, 8 and 10.

In doing the bent arm movements, as you swing bells between legs, do not swing bells out too far forwards, and do not strike the floor with bells, but swing them down and back between the legs, letting knees bend naturally. Also allow each vertebrae of the spinal column do its part in bending the back, so that your spinal column will be semi-circular. Let the head down as far as possible so that you can see the wall back of you as you stoop.

POSITION.—Heels 20 inches apart, hands grasping bells tightly, chin in, head back, shoulders back and down.

FORWARD PUSH.—Position. (See cut.)—Bells in front of upper chest, palms facing chest. Count 1, swing bells between legs, palms together; bend the back as much as possible, getting head near to floor; bend the knees a little. Count 2, bring bells to front of shoulders. Count 3, push hard to front horizontal, twisting the fore-arms so that the palms will be down. Count 4, back hard to shoulders.

STERNUM ELEVATOR.—Position—Bells at high vertical, palms front, elbows stiff, arms close to ears. Count 1, lower bells to front horizontal, palms down, reaching forward as far as possible without raising off the heels. Count 2, separate bells to sides horizontals. Count 3, back easy to front horizontal. Don't strike them, for it tends to develop the muscles that draw the shoulders forward. Count 4, return bells to high vertical, sliding the arms close by the ears.

SIDES PUSHERS.—Position—Bells at sides of shoulders, elbows well back and down, trying to touch them behind the back. Count 1, swing bells between legs. Count 2, back to position. Count 3, push bells to sides horizontals, twisting fore-arms so that palms will be down. Count 4, return to position.

SIDE CHEST OPENER.—Position. (See cut.)—Bells at high vertical, elbows straight, arms close to the ears, backs of hands together and raised up as far as possible without raising off the heels. Count 1, separate hands to sides horizontals, palms down. Count 2, swing easy to front horizontal.

Count 3, back to sides horizontals hard. Count 4, return bells to high vertical, the four ends of the bells touching when they reach the high vertical.

VERTICAL PUSH.—Position—Bells on top of shoulders, elbows at sides horizontals. Count 1, bring bells between legs same as in Forward Push. Count 2, bring bells to top of shoulders. Count 3, push to high vertical, twisting the bells so that the backs of the hands will come as close together as the bells will allow, elbows straight and arms close to ears. Count 4, return bells to top of shoulders.

MUSCULAR CHEST.—Position—Bells at side of thighs. Count 1, raise bells to sides horizontals, elbows stiff, palms down. Count 2, swing easy to front horizontal, elbows stiff. Count 3, swing back hard to sides horizontals. Count 4, bring bells down hard to sides of thighs, contracting the back upper arm and back lower chest muscles. Pay much attention to putting strong emphasis on this count, as it quickly develops the contractile power of the muscles that keep the shoulders down and back.

FLIP.—Position—Same starting position as in Muscular Chest. Count 1, swing between legs. Count 2, swing bells up and back over the head, touching the bells between the shoulder blades. Count 3, swing back between legs. Count 4, swing bells up to a high vertical. Keep the elbows straight and reach forward as far as possible without raising off the heels, while passing the bells up to high vertical. Hands close together, rubbing the arms against the ears. If the waist girth is small, never go beyond a vertical in the high vertical reach. If waist girth is large, go about 6 inches beyond vertical.

DRY LAND SWIM.—Position. (See cut 2d, movement, chest weights.)—Hold the hands well back past the hips, back of hands forward. Don't let the chin drop forward or the chest sink in when taking this position. Count 1, swing up to front horizontal, elbows stiff, palms down. Count 2, separate bells to sides horizontals, palms down. Count 3, bring back easy to front horizontal. Count 4, swing down past sides of thighs to starting position, throwing chest well forward as the bells pass the sides.