



Exercising in Bed

Sanford Bennett

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Sanford Bennett had become an old man at the age of 50 suffering from lack of health. The doctors didn't help him so he devised a series of 35 different exercises, all of which could be done in bed.

By the time he reached 70 years of age he became much younger. Even medical examinations seemed to prove this.

Exercising in Bed covers exercises that are to be done before you even get up in the morning involving the contraction and relaxation of the muscles.

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