



## All-Around Athletics (Classic Reprint) (Hardback)

By Harry Cornish

Forgotten Books, 2018. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from All-Around Athletics In high jumping, the front muscles of the thigh are principally used. They are attached at one end to the top part of the thigh bone, at the other to the knee cap, which passes over the knee and is fixed to the top part of the shin bone. In the act of jumping, these muscles contract violently, and straighten the leg with a jerk, the quickness of which mainly contributes to the height of the jump. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.



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