



The Natural Method (translated): Georges Hébert's Practical Guide to Physical Education

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This is the first book of the Natural Method trilogy, translated from Georges Hébert's original Practical Guide to Physical Education by US-based French born fitness trainer Philippe Til. The first book is the explanation of the method, how to conduct a complete and thorough training session, for individuals as well as groups, its different sections, scoring, recording and how to achieve the Holy Trinity of fitness which revolves around developing a functional, resilient and proportionally well-developed physique.

Books 2 and 3 will respectively cover specifics of exercises (with and without equipment) and sports & games (including combative techniques).

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