

right with right foot, performing this exercise alternately (8 times).

7TH EXERCISE.—Arms in position used at the commencement.

1st movement. Twist the hands and fore-arms inwards and thrust down to sides, twist them outwards and back to position (4 times).

2nd movement. The same muscular movement, this time thrusting them out in front of the body (4 times).

3rd movement. Same as before, this time thrusting them down at sides.

4th movement. Twisting arms as before, this time thrusting them above the head (4 times).

5th movement. Same exercises alternately, 1st out to sides, 2nd out to front, 3rd down to sides, 4th up above the head (twice.)

This exercise is particularly for the muscles, therefore care should be taken that the muscles do the work, otherwise the end in view will not be reached.

8TH EXERCISE.—Hands clasped behind.

1st movement. Rise on tips of toes.

2nd movement. Stand firmly on the foot. Repeat first and second movements alternately (8 times.)

9TH EXERCISE.—Hands hanging at sides.

1st movement. Raise them till arms form one straight horizontal line out at sides, hands falling as if lifeless towards front. Shake hands from wrist, so as to imitate the flight of a bird (16 times).

2nd movement. Same movement with arms parallel in front, hands towards each other (16 times).

3rd movement. Arms down at sides, hands moving towards and from the floor (16 times).

4th movement. Arms raised parallel to each other at sides of head, hands shaking towards each other (16 times).

5th movement. One shake of hands each way, that is changing position of arms, out to sides, out to front, down, up (4 times).

10TH EXERCISE.—Hands clasped behind.

1st movement. Let head drop lifelessly to left and right alternately (4 times).

2nd movement. Let head drop as if lifeless to front and back (4 times).