8TH EXERCISE.—1st movement. Step out gracefully to the front with the left foot, toe well pointed and heel high from the floor (4 times).

2nd movement. Step out in like manner with right foot (4 times).

3rd movement. Step out alternately with left and right (4 times). This exercise is put in in order to rest the arms.

9TH EXERCISE.—Arms above head. 1st movement. With one motion bend the body till the bar-bell is opposite the chest, head between the arms.

2nd movement. Again bend till the bar-bell is opposite the knees.

3rd movement. Raise arms and body till the bar-bell is again opposite the chest.

4th movement. Raise arms and body till bar-bell is above the head. Repeat movements 1, 2, 3, 4 alternately (4 times).

10TH EXERCISE.—1st movement. Charge to left-front, stepping out with left foot and bending knees, at the same time raising the arms until the bar-bell is above the head. In this exercise keep the arms perfectly parallel. Do not twist them as in exercise 2. Step back to position, heels together, arms at sides.

2nd movement. Charge to right-front in a similar manner (4 times). Similarly charge to left-back corner (4 times). Charge to right-back in like manner (4 times).

5th movement. Charge in like manner alternately to left-front, right-front, left-back, right-back (twice).

HOOP EXERCISE.—This is a pretty exercise if well done, and, as it is not lengthy, is well suited for an entertainment or exhibition.

Two small hoops, such as may be obtained from a small keg, will answer the purpose nicely, when covered so as to match the costume. One hoop to be firmly held in each hand.

1ST EXERCISE.—1st movement. Throw the arms up from the sides until the hoops are parallel above the head.

2nd movement. Let hoops drop to sides (8 times).

2ND EXERCISE.—Arms raised to a little above the waist.

1st movement. Throw arms forward till hoops are parallel and close together.

2nd movement. Thrust arms back to sides. Repeat movements 1, 2 alternately (8 times).

3RD EXERCISE.—1st movement. Charge to left-front,