

### THIRTY-FIRST EXERCISE.

At *One*, lunge forward on the left foot, turning on the right so that it will point to the right, at the same time placing the left hand on the hip, and raising the right over the shoulder, bent to the rear, hand open, palm upwards. **One.**

At *Two*, turning on the right foot so that it will point to the front, carry the left foot to the rear as in the 1st motion of the 29th Exercise, at the same time placing the right hand on the hip and raising the left arm over the shoulder, bent to the rear, hand open, palm upwards. **Two.**

At *Three*, come to attention. **Three.**

### THIRTY-SECOND EXERCISE.

At *One*, lunge forward on the right foot, turning on the left so that it will point to the left, at the same time placing the right hand on the hip, and raising the left, arm bent back over the shoulder, hand open, palm upwards. **One.**

At *Two*, turning on the left foot so that it will point to the front, carry the left foot to the rear as in the 1st motion of the 30th Exercise, at the same time placing the left hand on the hip, and raising the right arm over the shoulder, bent to the rear, hand open, palm upwards. **Two.**

At *Three*, come to attention. **Three.**

*Cécile Grenier*