

1. **Retraced Left Oval.** The straight line is used as a support. Make ten down strokes in each exercise. Be careful of your position.

2. **Compact Left Oval.** It is made by moving the arm in and out of the sleeve and rolling the arm on the large muscles near the elbow. The down strokes should be as fine and light as the up strokes. Make about 75 down strokes in each quarter.

