

SECOND EXERCISE.

On the word *One*, come up to the first position of first exercise. **One.**

At *Two*, extend the arms upwards, hands open, palms to the front. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, come to attention. **Four.**

THIRD EXERCISE.

On the word *One*, as in the last exercise. **One.**

At *Two*, extend the arms out in line with, and as high as, the shoulders, hands open, palms upwards. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, come to attention. **Four.**

FOURTH EXERCISE.

On the word *One*, as in the last exercise. **One.**

At *Two*, extend the arms to the front as in the first exercise. **Two.**

At *Three*, come back to the first position. **Three.**

At *Four*, extend the arms upwards as in the second exercise. **Four.**

At *Five*, come back to first position. **Five.**

At *Six*, extend the arms outwards as in the third exercise. **Six.**

At *Seven*, come back to the first position. **Seven.**

At *Eight*, come to attention. **Eight.**