

(3)—Both extended.

(4)—To side.

P.S.—Above the head the arms at full length extend in line with the shoulders.

DUMB BELL EXERCISE, TWO PAIRS OF BELLS.

*A pair to be held in each hand.*

Place one pair down in front of the feet,  take a

pace to the rear of not less than 30 inches. Place

the second pair in rear of the heels  without turning the body.

1st—Half right turn and lunge with the left foot between the bells.

2nd—Bend over, take a bell in each hand and throw them out right and left in line with the shoulders, at the same time straighten the body up from the hips, the left knee well bent over the toe and counting in a high tone from one to eight (or more).

3rd—Bring the bells to the shoulders, lower them to the floor, and raise the toes; turn right about on the heels, and repeat the exercise with the rear bells.

4th—Turn about on the heels to the left.

5th—Take a bell in each hand, raising them to the shoulders; at the same time carry the left foot in line with the right, and extending the bells right and left in line with the shoulders.

6th—Lunge forward in the same position, bring the bells to the shoulders, and place them on the floor.