

<i>Exercises.</i>	<i>Starting Positions of the Feet.</i>	<i>Starting Positions of the Arms.</i>	<i>Combinations of the Exercise in this Group with other movements.</i>
<i>(b) Exercises of the Feet and Legs.</i>			
<i>Feet closing and opening.</i> <i>Feet astride placing.</i> <i>Alternate toe (heel) raising.</i> <i>Foot placing:</i> <i>Sideways.</i> <i>Outward.</i> <i>Forward.</i> <i>Toe support placing:</i> <i>Outward.</i> <i>Forward.</i> <i>Sideways.</i> <i>Lunging:</i> <i>Outward.</i> <i>Forward.</i> <i>Sideways.</i> <i>Backward.</i> <i>Toe lunge backward.</i>		Hips firm. Arms bend.	Feet astride placing with Arm stretching sideways, &c. (4), or Hips firm (11).

2. TRUNK BENDING BACKWARD AND FORWARD.

<i>Trunk bending forward.</i> <i>Trunk bending backward.</i>	Feet astride (2). Standing (10). Feet close (16). Foot forward place (49).	Hips firm (2). Arms bend (5). Arms across bend (15). Neck rest (31). Arms sideways stretch (59). One hand Hip firm, one hand Neck rest (67). Arms upward stretch (70).	Arm stretching sideways (37). Head turning (40). Arm flinging (56). Arm stretching upward (62).
<i>Trunk bending forward and downward.</i>	Feet astride (9). Standing (50). Foot forward place (71).	Arms upward stretch (9).	

3. ARM BENDING AND STRETCHING.

<i>Arm stretchings:</i> <i>Sideways.</i> <i>Upward.</i> <i>Forward.</i> <i>Backward.</i>	Standing.		Hand closing and opening (13). Marking time (38). A step forward and backward (41). A step to the right and left (43). Turning (47). About turning (65).
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4. BALANCE EXERCISES.

<i>Heel raising.</i>	Standing (1). Feet astride (3). Feet close (7). Foot outward place (17). Foot forward place (28).	Hips firm (1). Attention (5). Arms bend (9). Neck rest (11).	Alternate Hips firm and Neck rest (12). Head turning (13). Hand closing and opening from Arm sideways raise (16). Alternate Arms bend and Neck rest (22). Arm flinging (31). Arm raising sideways and upward (52).
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