

CALISTHENIC EXERCISES.

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(Continued.)

BAR-BELL EXERCISE.—In most of our school-rooms the space is either so limited or else so hampered by desks, etc., that bar-bell exercises are not found practicable. I have thought well to insert one here, however, as it is very taking whether performed by boys or girls at a school exhibition or entertainment of any kind.

Position.—Hold the bar-bell with two hands firmly, across the chest, elbows raised a little above the bar-bell.

1ST EXERCISE.—1st movement. Thrust downwards until arms are perfectly straight and bring back to position (4 times).

2nd movement. Thrust out to front until arms are perfectly straight and bring back to position (4 times).

3rd movement. Thrust arms upward till they are straight and parallel and bring back to position (4 times).

4th movement. Same exercise alternately down, out to front, up, out to front (twice).

2ND EXERCISE.—1st movement. Charge to left-front stepping out with left foot, bending knees, and swinging bar-bell so that the end of the bar-bell nearest to which is the right hand will point to the left-front corner of the room, then step back to position, allowing arms and bar-bell to drop (4 times).

2nd movement. Charge to right-front, stepping out with right foot, bending knees well and throwing up arms so that the end of the bar-bell nearest to which is the left hand will point to the right-front corner of the room, then step back to position, allowing the arms to drop (4 times.)

3rd movement. Charge in like manner to left-back, looking towards the corner to which you charge (4 times).

4th movement. Charge to right-back in like manner (4 times).

5th movement. Charge alternately to left-front, right-front, left-back, right-back, using arms as before (twice).

3RD EXERCISE.—1st movement. Without bending the arms, raise them until the bar-bell is parallel in front of the chest.