

DUMB BELLS.

1st Practice—

- (1)—Raise the bells to each shoulder, elbows in line with shoulders.
- (2)—Extend right and left.
- (3)—On the shoulders.
- (4)—Smartly down to the side.

2nd—

- (1)—Raise both bells above the head.
- (2)—Lower them to the shoulders.
- (3)—Extend right and left.
- (4)—To the side.

3rd—

- (1)—Above the head.
- (2)—On the shoulders.
- (3)—To the side.
- (4)—Extend right and left in line with shoulder.

4th—

- (1)—Twist the bells from the wrist downwards and upwards as quick as possible, raising them in a half circle outwards above the head, and then lower them in the same order to the side.

5th—

- (1)—Right bell on the right shoulder, left bell extended to the left.
- (2)—Reverse the position.
- (3)—Both extended right and left.
- (4)—To the side.

6th—

- (1)—Right bell above the head, left on the shoulder.
- (2)—Reverse.