

POSITION. 1, *Heels close.* 2, *Toes turned outwards* nearly at right angles. 3, *Head erect* and easy. 4, *Shoulders back* and down. 5, *Arms straight* by the sides. 6, *Hands closed* with the thumbs inside.

Previous to performing the more active exercises of the limbs it would be an advantage to occupy a few minutes in some preparatory exercises of the lungs by the following.

BREATHINGS.

1. *Full breathing.* Draw in the breath so as to fill the chest, then breathe it out as slowly as possible.

2. *Forcible breathing.* Fill the lungs, then breathe out with force similar to a suppressed cough.

3. *Sighing.* Fill suddenly the lungs with a full breath and breathe out again quickly.

4. *Sobbing.* Fill the lungs suddenly and send out the breath gently.

5. *Panting.* Breathe quickly and violently, making the emission of the breath loud and forcible.

Note. The words in *italics* may be used as words of command at first, but when sufficiently familiar, the *numerals* only should be used.

ARM EXERCISES.

FIRST MOVEMENT. 1, *Arms akimbo.* Place the hands on the hips so that the thumbs press upon the back, and the fingers are just seen in front. 2, *Elbows backward.* Throw the elbows forcibly back.

SECOND MOVEMENT. 1, *Position.* 2, *Elbows up.* Draw them up as high as possible. 3, *Force downwards.*

THIRD MOVEMENT. 1, *Fists up to shoulders.* 2, *Arms and hands straight upward.* Project them upwards forcibly.

FOURTH MOVEMENT. 1, *Elbows back.* Draw the elbows back as high as the shoulder, as far as possible. 2, *Hands forward.* Project them forward forcibly.