

2. Leg lifter: (a) Starting position—back on floor, hands under buttocks; (b) feet upward; (c) feet down.

3. The combination of (1) and (2): (a) Starting position—back on floor, hands under buttocks; (b) feet upward; (c) feet down; (d) sit up; (e) back on floor.

4. Splitter: (a) Starting position—back on floor, hands under buttocks; (b) feet upward; (c) feet apart; (d) feet together; (e) feet down.

5. Scissors: (a) Starting position—back on floor, hands under buttocks; (b) left foot upward, right foot one inch off floor; (c) right foot upward, left foot one inch off floor.

6. Bicycle: (a) Starting position—back on floor, hands under buttocks; (b) feet upward; (c) bicycle riding motion with feet.

7. Hot stove: (a) Starting position—sit on floor, hands back of buttocks; (b) low back support; (c) back support; (d) low back support; (e) sit on floor.

8. Bridging: (a) Starting position—back on floor, knees up, hands palms down on floor above shoulders; (b) arch back; (c) down.

9. Bull neck: (a) Starting position—back on floor, knees up, hands on chest; (b) arch back; (c) down.

10. Neck stand: (a) Starting position—back on floor, hands under buttocks; (b) feet upward, hips upward, hands supporting hips, toes pointing skyward, neck supporting body; (c) down.

11. Push ups: (a) Starting position—front leaning rest; (b) arms bent; (c) arms stretch.

12. Side wheeler: (a) Starting position—front leaning rest; (b) side leaning rest—left; (c) front leaning rest; (d) side leaning rest; (e) front leaning rest.

13. Out and back: (a) Starting position—squat position; (b) front leaning; (c) squat position.

14. Seal slap: (a) Starting position—front leaning rest; (b) sway hips up and push from the floor with hands and feet; clap hands; (c) front leaning rest.

15. Water spider: (a) Starting position—front leaning rest; (b) spread hands and feet; (c) hop in place; (d) front leaning rest.

16. Pull ups: (a) Starting position—No. 1 man on back, arms extended upward; No. 2 man straddling No. 1's head and grasping his hands; (b) No. 1 arms bend (pull up); (c) down.

17. Pull over forward: (a) Starting position—No. 1 bend forward, downward and extend hands between legs; No. 2 straddle No. 1's neck, bend forward, reach over No. 1's buttocks and grasp his hands; (b) No. 2 pulls No. 1 over.

18. Lift to feet: (a) Starting position—No. 1 back on floor, feet up, hands palm down on floor above shoulders. No. 2 facing heels of No. 1 grasps his ankles; (b) No. 2 jerks his feet up; No. 1 pushes on floor.