

# 14

# Effortless

# EXERCISES

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EXERCISE No. 1 . . . . .	gives general all around limbering up.	6
EXERCISES Nos. 2 and 3 . . . . .	are excellent for shoulder and stomach muscles.	6-7
EXERCISE No. 4 . . . . .	is especially good for stretching and slimming the body.	7
EXERCISE No. 5 . . . . .	is good for ankles, calves, thighs, shoulders and arms.	8
EXERCISE No. 6 . . . . .	is especially good for slimming and limbering the buttocks.	9
EXERCISE No. 7 . . . . .	is excellent for stimulating circulation and limbering legs.	10
EXERCISE No. 8 . . . . .	is good for flabby arms, breast and chest muscles.	10
EXERCISE No. 9 . . . . .	is an excellent stretching and toning up exercise.	11
EXERCISE No. 10 . . . . .	is recommended for the middle part of the body and the knees, and for the development of deep breathing.	12
EXERCISE No. 11 . . . . .	is excellent for reducing size of abdomen and buttocks.	13
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EXERCISE No. 14 . . . . .	is recommended for the spine, back and shoulders; also for improving posture.	15

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