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Answer 11

(5) "Breaking chains." Elbows flexed, arms horizontal, ~~Backward~~ movement of arms in transverse plane.

This exercise is also excellent for round shoulders. It is also facilitated by an extension of the thoracic spine; and, by directly encouraging an erect position is good for kyphosis.

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1. Stair Climbing
2. Reaching
3. Wringing or twisting movements
4. Hammering and chopping
5. Shoveling and sweeping -