

Unit Two

Exercise (5)

Starting position: Stand erect, arms in running position.

Exercise: Run in place. Begin slowly and run about 10 steps (count only step of left foot). Speed up for another 10 steps, raising knees hip high. Then run 10 to 25 steps at full speed, raising knees hard. Then run slowly 10 steps.

Exercise (6)

Starting position: Feet about 30 inches apart, arms extended overhead, hands clasped.

Count 1 - Bend sideward left.

Counts 2 and 3 - Continue bend to the left trying to go deeper on each count.

Count 4 - Return to starting position. Same right. 10 to 20 times.

Exercise (7)

Starting position: Lie on back, arms extended overhead. Keep feet flat on the ground, legs straight.

Count 1 - Sit up, and at the same time draw knees to chest, leaning forward and swinging arms forward to a "rowing position".

Count 2 - Return to starting position. 10 to 20 times.

Exercise (8)

Starting position: Position of attention.

Count 1 - Squat rest (see exercise number 2)

Count 2 - Front leaning rest (see exercise number 2).

Count 3 - Bend elbows, touching chest to floor.

Count 4 - Straighten elbows.

Count 5 and 6 - Repeat counts 3 and 4.

Count 7 - Return to squat rest.

Count 8 - Return to position of attention. 5 to 12 times.

Unit Three

Exercise (9)

Starting position: Feet about 24 inches apart, hands clasped behind head, elbows well back, chin in.

Count 1 - Bend trunk forward.

Count 2 - "Bounce" trunk downward and at the same time rotate trunk to the left.

Count 3 - "Bounce" trunk downward and rotate trunk to the right.

Count 4 - Return to starting position. 10 to 20 times.

Exercise (10)

Starting position: Left foot about 8 inches forward, hands clasped on top of head.