

- Count 1 - Sit on the right heel.
- Count 2 - Bounce from this position and spring upward, knees straight. Change position of feet.
- Count 3 - Drop to squat on left heel.
- Count 4 - Spring and change position of feet. Add two a week until able to do 25.

Exercise (11)

Starting position: Lie on back, arms sideward, palms down, legs raised straight up with feet together.

- Count 1 - Swing legs vigorously to left touching ground on the left side.
- Count 2 - Same to the right. Begin slowly and increase the tempo gradually.

Exercise (12)

Starting position: Front leaning rest. See Exercise number 2.

- Count 1 - Bend elbows and touch chest to floor.
- Count 2 - Straighten elbows. Repeat 8 to 20 times.

Note: Many will be unable to continue this exercise and keep the rhythm. These individuals may change to the "knee-rest position", i.e., hand and knees on floor, feet raised from it. If they are still unable to continue, they may relax the whole body and simply push up the shoulders. But they should NOT STOP TRYING.

Suggestions:

1. The numbers given after each exercise indicate the minimum and maximum number of times the exercises are to be performed, e.g., in exercise 2 the dosage indicated is 12 to 25. This means to begin with 12 times and gradually increase to 25 as the condition of the boys improves.
2. "To master unit number one", means that the class is able to do better than the minimum set for each exercise before unit number 2 is begun. Continue to increase the number of times in unit 1 as unit 2 is added. The same procedure is to be followed in adding unit 3.
3. To overcome stopping between exercises the teacher must anticipate the next one by saying just before the last execution of any exercise, "Ready for the second exercise".
4. In teaching the exercises:
 - a. Demonstrate each before asking the class to do it. Correct demonstration is more valuable than a lengthy explanation.
 - b. Give commands clearly and concisely. The tone of voice can help materially in stimulating the class to action.