

Carries:

Before starting these exercises, have the group count off in twos, then place them in pairs (side by side). In all cases the "Ones" carry the "Twos" at the signal "Start". At the signal "Change", the men reverse positions, "Twos" carry "Ones", and continue the same exercise. On the signal "Relax", both resume their original positions and walk forward.

11. Fireman's Carry. "One" places his left arm between the legs of "Two", so that the crotch of "Two" is at shoulder of "One". "Two" leans forward until he lays across the shoulders of "One". "One" straightens up, lifting "Two" off the ground. "One" using the hand of the arm through "Two's" crotch, grasps the wrist of "Two's" arm which is hanging over his shoulder. Retaining this position, "One" runs forward.
12. Cross Carry. "One" standing in front of "Two", leans forward. "Two" bends forward until he is lying across the middle of "One's" back. "One" then places one arm around "Two's" shoulders, and straightens up, lifting "Two" from ground. Retaining this position, "One" runs forward.
13. Single Shoulder Carry. "One", standing in front of and facing "Two" assumes a semi-squatting position. "Two" leans forward until he lays across "One's" left shoulder. "One" clasps his arms around "Two's" legs and straightens up, lifting "Two" from the ground. Retaining this position, "One" runs forward.
14. Arm Carry. "One" standing beside "Two", bends his knees and lifts up "Two", by placing one arm below his thighs, and the other around the small of his back. "Two" places his near arm around "One's" shoulders and clasps his other hand. Retaining this position, "One" runs forward.

Suggestions:

1. Use variety in choice of exercises.
2. Use a maximum of six exercises in a 10 minute period.
3. Choose the easy exercises first.

Apparatus

Exercise on apparatus is especially valuable in developing strength, agility, and endurance. Only a few of the many exercises which contribute to these objectives on some types of apparatus have been selected. Extreme care should be exercised in the construction, maintenance, and use of apparatus to prevent accidents.

Formation

The class arrangement is dependent upon the size of the class, of the gymnasium, and upon the apparatus available. Divide the class into groups according to facilities. Keep the group small to provide maximum participation. Arrange the class and apparatus so that:  
 (a) Those waiting their turns may see the performer; (b) so that there is safe and easy access to and from the apparatus.