

IX (Cont.)

(b)

1. Hanging from a bar - pull down the scapula close to body & let vertebrae separate for more room.
2. Picking up marbles with the toes - lengthen the arches of the foot.
3. ~~later~~ A actual exercise that will extend the arms & legs beyond their normal daily reach & exercise that will also give good free movement to those articulations that are not used as much as they should be.

Keep all articulations & muscles of the body in perfect condition - posture will be aided then with only one keeping it in mind.

- # X.
1. The exercise of strengthening the abdominal muscles. (home)
 2. Bicycling exercise (home)
 3. Swimming
 4. Tennis
 5. Worm crawl. (home)