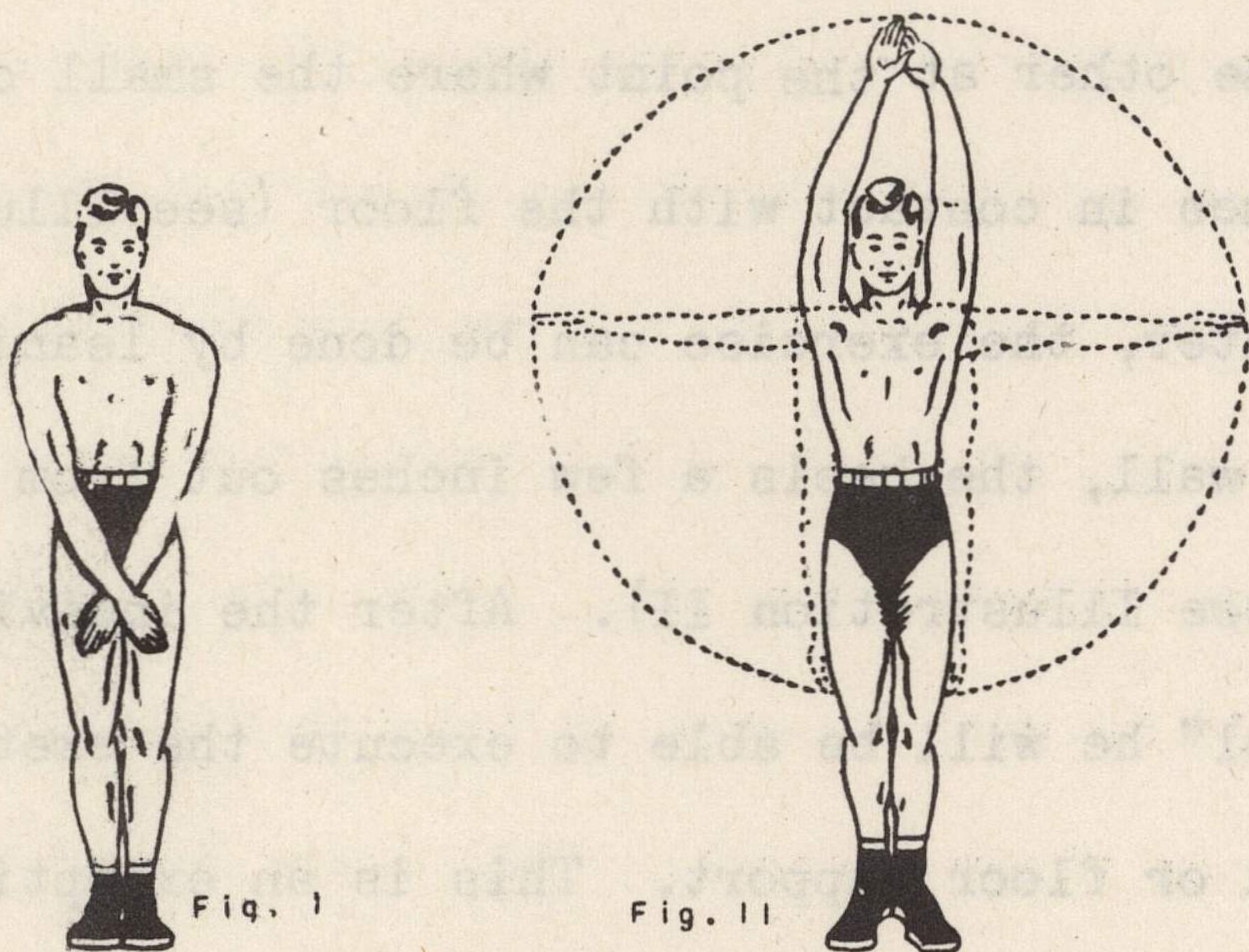


essential that the following six exercises be practiced daily during the training period. Approximately thirty minutes daily shall be given to the military posture program, under competent direction. Throughout the exercises, constant attention must be paid to the three aspects of military posture control described in paragraph 1, page 6. The exercises follow.

*It must be impressed upon the minds of all men of poor posture that their own conscious efforts are the best corrective. Unless they will to have good posture, all the corrective exercises in the world will be to no avail. The simple attitude of Illustration I, constantly adopted, will correct the most unsightly poor posture.*

Illustration III

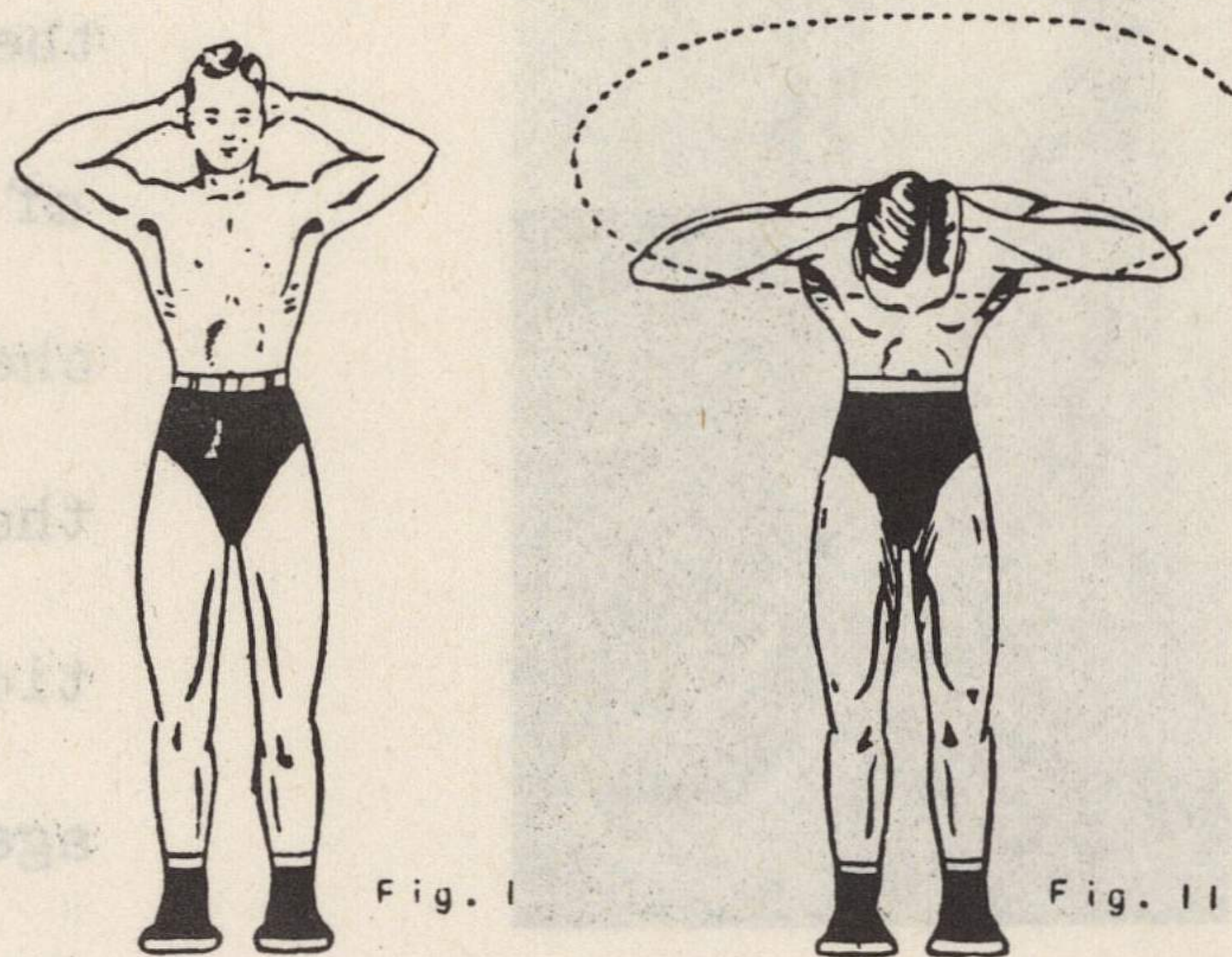


**(DEEP BREATHING) 6 TIMES**

Arms rise from attention to cross each other in front of body (as in Figure I) and up over head back in circular motion, and down to the sides. Rise on toes as arms go up and inhale (as in Figure II).

Count 1 - Arms start up.  
Count 2 - Circle and come down to sides.  
Count 3 - Exhale.

Illustration IV



**(ABDOMINAL)**

Start with ten times each way and work up.

Position of attention - heels about 5 inches apart.

Count 1 - Place hands clasped behind head (as in Figure I). With position go to the left in a circular outward, downward, side-ward and then upward motion.

Count is: 1. Upper body bends from diaphragm to left.  
2. Body moves across in a horizontal plane from left to right.  
3. Return upward to start.

Bend at diaphragm - not the hips - and suck up your stomach when doing. The shoulder muscles are relaxed. Do 20 times from left to right then reverse for 20.