

### Illustration V

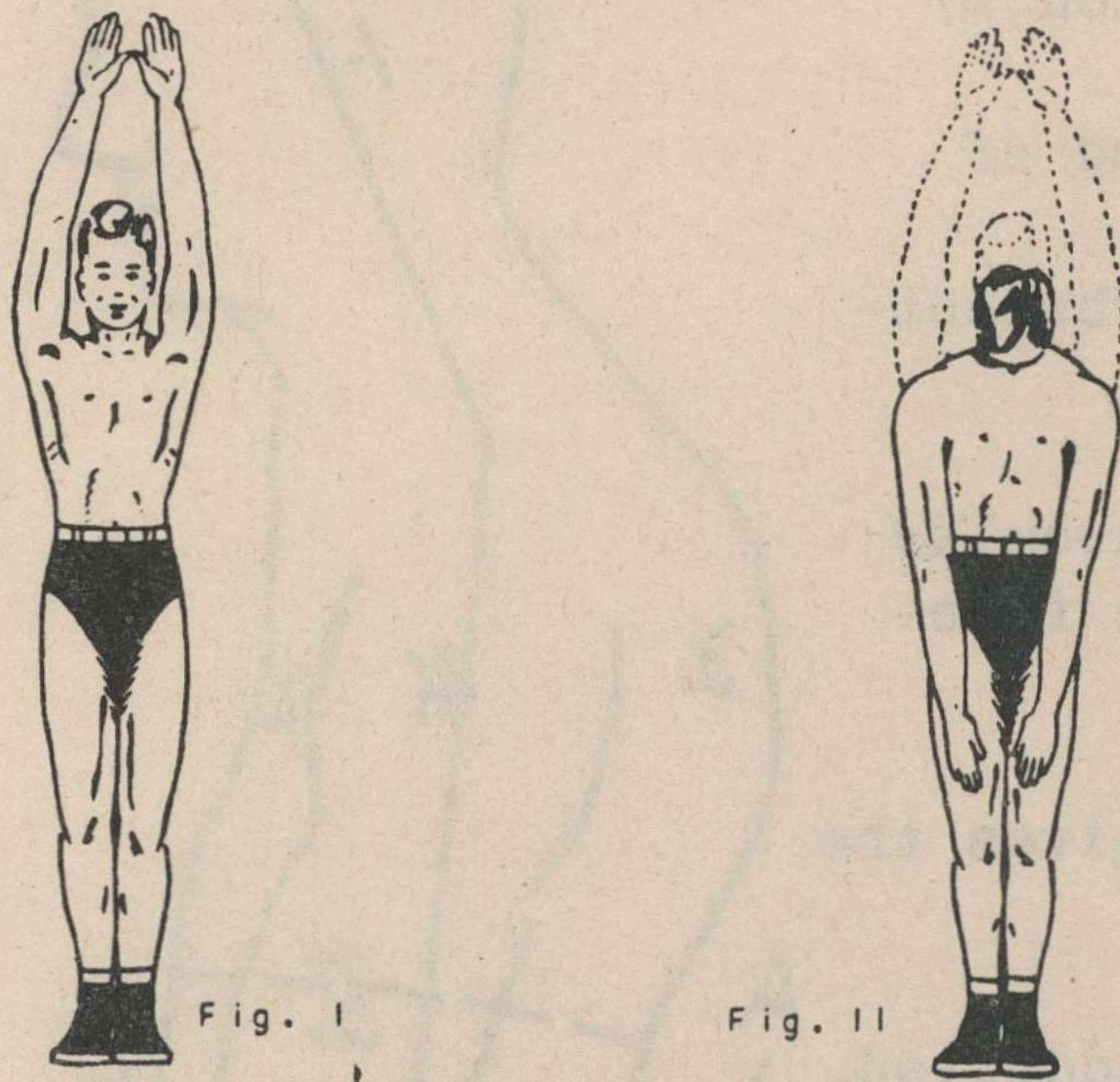


Fig. I Fig. II

(ABDOMINAL) 30 TIMES

Hands extended overhead (as in Figure I) and arms stiff are brought down to touch legs above knees, chin touching collar bone (as in Figure II). Suck up the abdominal muscles as the arms come down.

- Count 1 - Arms up and inhale.
- Count 2 - Arms down and suck up the stomach and exhale.

### Illustration VI

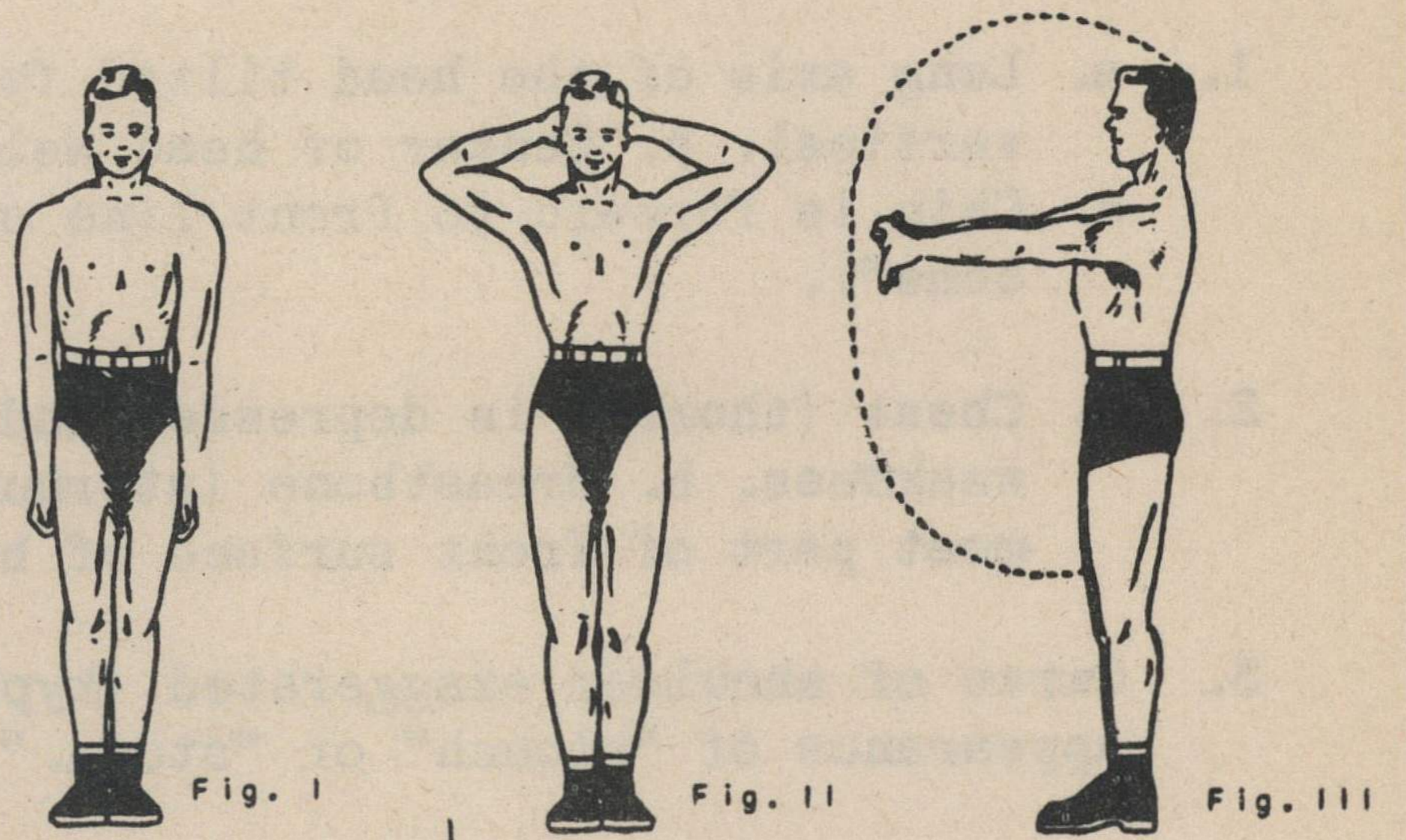


Fig. I Fig. II Fig. III

(DEEP BREATHING) 6 TIMES

From attention the arms go out and up to a position behind head (as in Figures I & II) - clasp hands and as arms are moved forward over the head, twist the hands, palms out still clasped and then down to sides (as in Figure III).

- Count 1 - Raise arms up and clasp back of head - inhale from beginning of exercise until hands clasp.
- Count 2 - Arms move forward and down - exhale only when exercise is complete and arms at attention position.

### Illustration VII

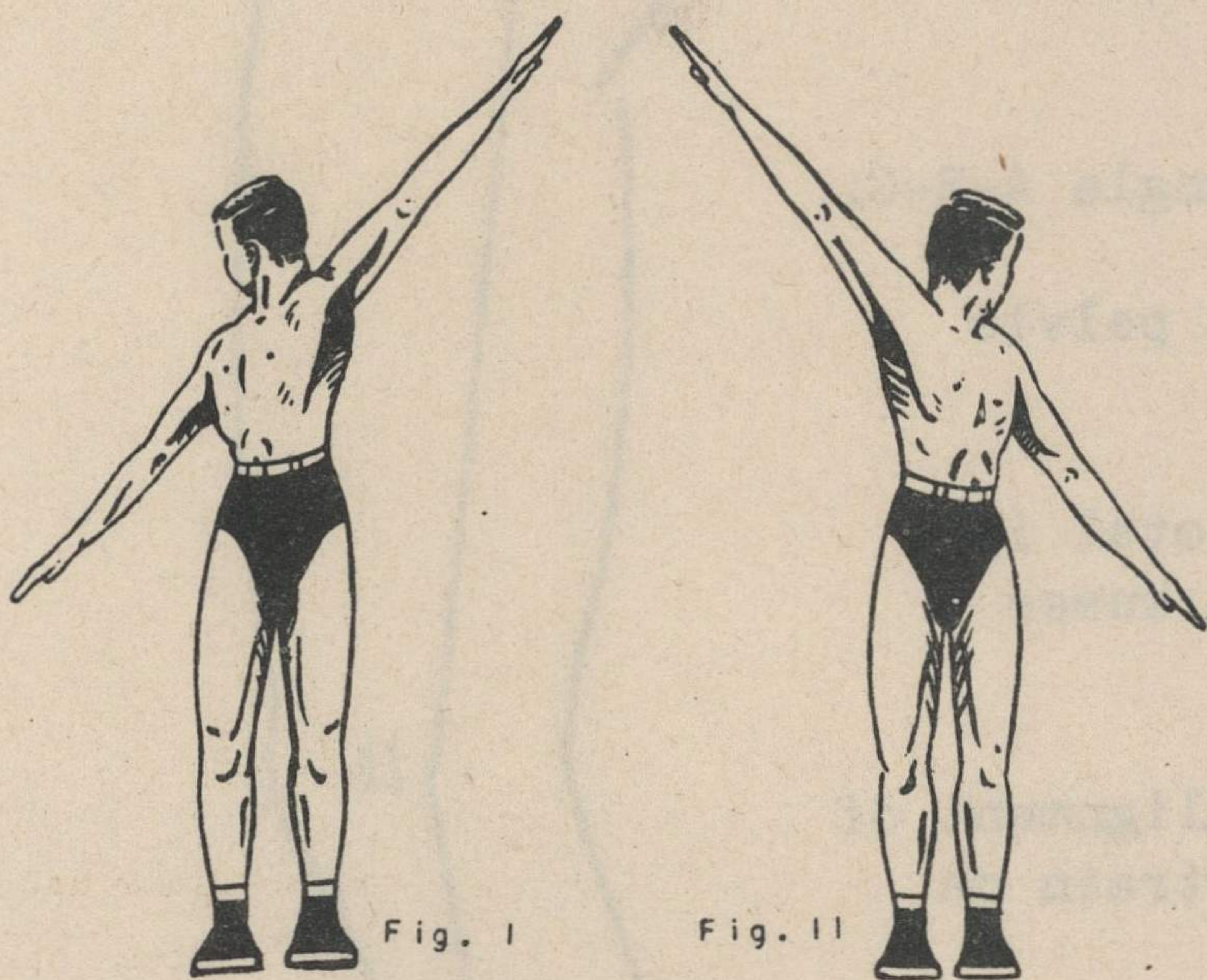


Fig. I Fig. II

(ABDOMINAL) 20 TIMES EACH SIDE

At the command "Position" extend arms sidewise from the body at shoulder level; drop the right hand 10 inches and raise the left hand 10 inches (as in Figure I); suck up stomach and lock hips.

- Count 1 - Reach right hand behind and down; left hand swings forward and up, keeping stiff straight line between hands. Pivot from the diaphragm. Eyes and head follow hand back and down.
- Count 2 - The position is reversed (as in Figure II). Keep hips locked, stomach sucked up.

### Illustration VIII

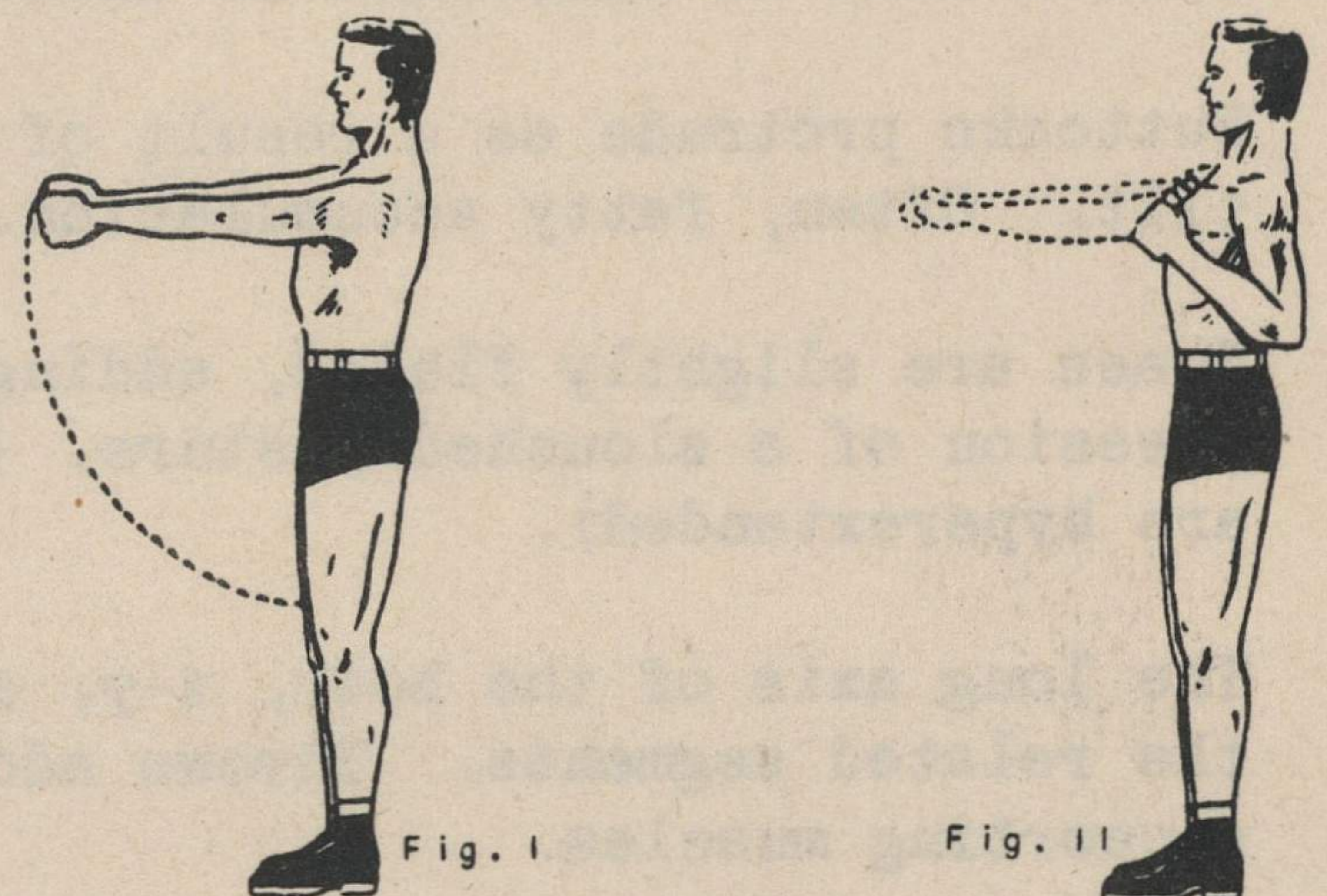


Fig. I Fig. II

(DEEP BREATHING) 6 TIMES

Inhale - Arms rise to position straight out in front of body (as in Figure I) - from here close fists and pull backward, elbows close to sides of body, very swiftly and hard (as in Figure II).

- Count 1 - Arms out in front, inhale to full capacity.
- Count 2-3-4-5-6 -- The fists are vigorously pulled back to shoulder and thrust forward on each count while breath is held.
- Count 7 - Arms at attention and exhale. A few seconds respite is recommended before repeating exercise.