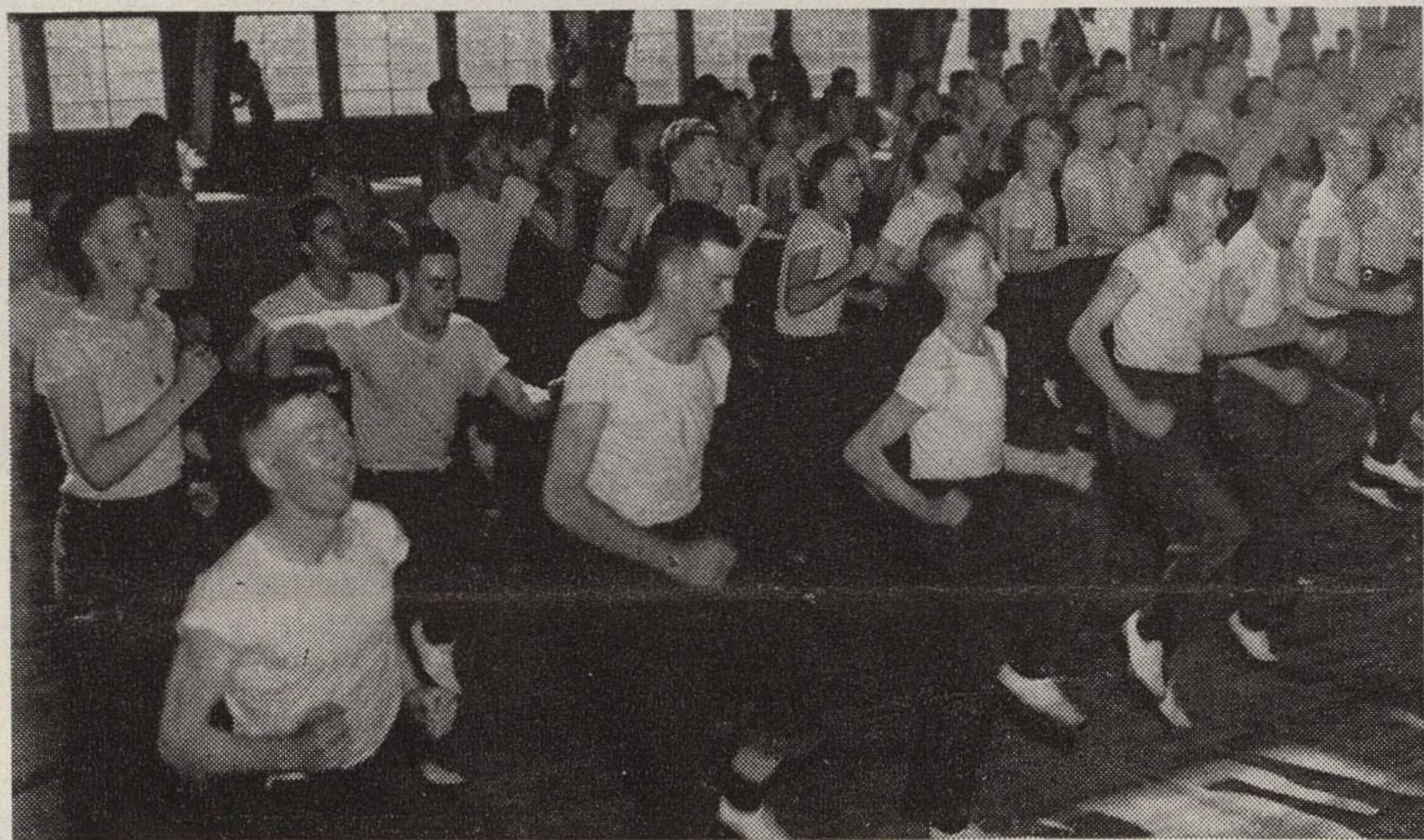
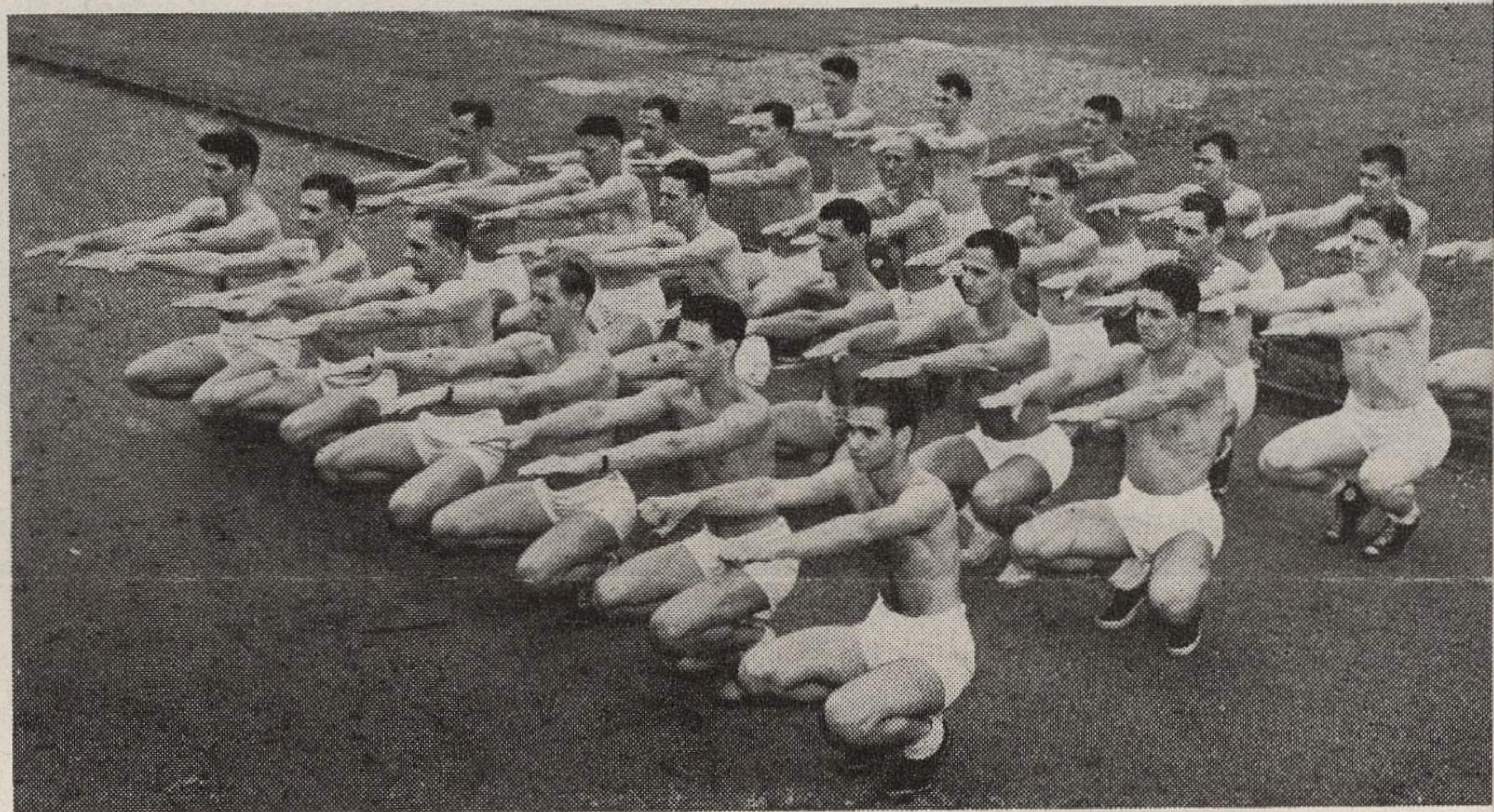




Body bend is used in mass calisthenic drills. Calisthenics may be done in quarters as well as in the open and oftentimes aboard ship. They should be done in good form and executed with vigor.



Running in place provides lots of activity.
Location: Bainbridge.



Deep knee bends develop balance and leg muscles.

Roll-back is for stomach and muscle development. This photograph is from a West Coast NTS.

