

I. Sitting Position (from all positions left side)

1. Place right hand on deck to right and back slightly.
2. Place right knee on deck.
3. Sit on deck.
4. Extend both legs throw under leg.
5. Bring both arms to cradle position.
 - (a) Sitting position.
 - (b) Legs.

J. Lying Position.

1. Execute sitting position.
2. Lie on deck, log cradled.
 - (a) Lying Position.
 - (b) Legs.

NOTE: Reverse all movements to come back to standing or other positions.

K. Lay.

1. To secure the log on the deck. Reverse the movement used to raise log from deck is the same cadence.
 - (a) Lay.
 - (b) Legs.

L. Carry.

1. To carry logs in file on shoulders, drop opposite arm.
2. To carry logs in cradle use 2 arms.
3. To carry logs in head rest, use 2 arms.
4. To carry logs in hips rest use
5. To carry logs from staddle use 2 arms
 - (a) Carry
 - (b) Legs.

IV. Basic Log Exercises.

A. Standing - Log Stationary.

1. Outward lunge - from R. or L. shoulder.
 - (a) Lunge outward with proper feet.
 - (b) Return to original position
 - (1) Count of 2. (2) Ready begin - one two, etc.
2. Sideward Lunge - from R. or L. shoulder.
 - (a) Lunge sideward with proper feet.
 - (b) Return to original starting position.
 - (1) Count of 2. (2) Ready begin - one two, etc.
3. Forward Lunge - from R. or L. shoulder or head rest.
 - (a) Lunge forward with alternating feet.
 - (b) Returning each step to original position.
 - (1) Count of 4. (2) Ready begin - one two three four, etc.

NOTE: These positions keep log in position on shoulder or head during the entire exercises.