

B. Standing - Log Moving.

1. Upward raise from R. or L. shoulder or head rest.
 - (a) (1) count of 2. (2) Ready begin - one two, etc.
2. Log overhead, outward lunge.
 1. Position (a) Raise log to overhead position.
 2. Ready, begin (a) Lunge with right foot and rest log on right shoulder. (b) Return to original position with log overhead. (c) Lunge with left foot bringing log to rest on left shoulder. (d) Return to original position with log overhead.
3. Log overhead, Forward Lunge
 1. Proceed as in 2 above.
4. Log overhead, Sideward Lunge.
 1. Proceed as in 2 above.
5. Log overhead, Count right on left.
 1. Position - Raise log overhead.
 2. Count of six, Ready begin. (a) lower log to head rest. (b) Lower log to right shoulder carry. (c) Lower log to right hip rest. (d) Raise log to R. shoulder. (e) Raise to head rest. (f) Raise log overhead.
6. Legs Straddle - R & L sweeps overhead.
 1. Position - Legs straddle by place or jump - raise log overhead.
 2. Ready begin. (a) Sweep log to R. & L. count of two.
7. Running.
 1. With log in any position.
 2. men to keep in jog step.

V. Sitting exercises.

- A. Face Log - full sweep.
 1. Raise log overhead.
 2. Ready begin. (a) Lower log in full sweep to toes. (b) Raise log to starting position.
- B. File Sitting - overhead lunge.
 1. Position.
 2. Ready begin. (a) Log on R or L. shoulder & raise to position above head. (b) Lower log to starting position.
- C. File Sitting - forward bend.
 1. Position with log on R or L. shoulder.
 2. Ready begin. (a) Body bend forward. (b) Return to start.