

- D. Face log - Backward lying.
 - 1. Position - Cradle log or log overhead.
 - 2. Ready begin. (a) Lie on back. (b) Return to original sitting position.

- E. Face Sitting * Backward lying.
 - 1. Position - Log on shoulder, head rest or hip rest.
 - 2. Ready begin. (a) Lie on Back. (b) Return to original position.

- F. Face Log - Up & shoulders.
 - 1. Position - Raise log above head.
 - 2. Ready begin. (a) Lower log to shoulders back of head. (b) Return log to original starting position.

VI. Lying Exercises.

- A. Setups.
 - 1. Position - Lie on deck, cradle log.
 - 2. Ready begin. (a) Come to sitting position, rolling log from chest to waist. (b) Return to starting position, rolling log back to cradle position on chest.

- B. Upward Thrust.
 - 1. Position - Log resting in hands turned fore & aft, elbows on deck.
 - 2. Ready begin. (a) Raise log arms length above deck. (b) Lower to start.

- C. Right and Left Swing.
 - 1. Position - Log resting in fore and aft hands, arms extended above.
 - 2. Ready begin. (a) Arms straight, swing log R. to L. count of two.

VII. Additional information as in all Navy basic physical training drills. The instructor, after teaching the basic log positions and movements, may combine and create his log movements.

Many interesting races may be created, such as straddle races, shoulder log races, riding man on rail race, relay races, tossing the log, tug-o-war, log balance verticle and horizontal.

NOTE: In experimenting with these log exercises I find an amazing interest among the men with proper instruction. They can be made an excellent contribution to Physical Training.