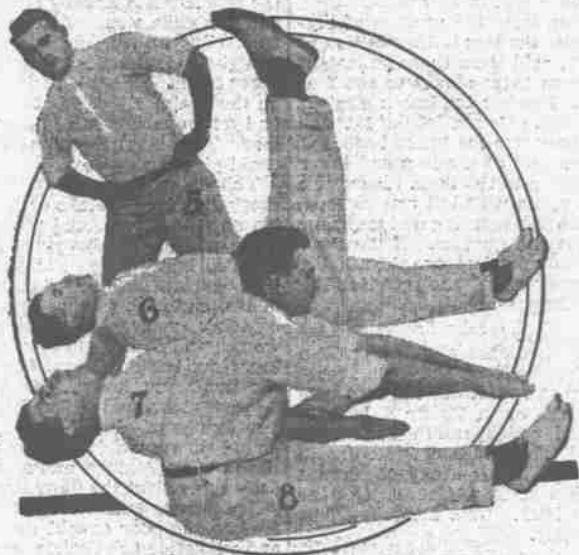


"GETTING-UP" EXERCISES FOR MEN WHO DON'T GET EXERCISE WORKING WITH THEIR HANDS



Dr. Reed's Second Physical Culture Lesson—Pictures Posed by J. H. Nichols, Gymnasium Instructor of the Chicago University.

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LESSON NO. II.

The next three exercises involve the waist or abdominal muscles and are of especial value in that they tend to reduce a prominent abdomen, to strengthen the muscles of the abdominal wall, to promote the movement of the intestinal contents and thus aid digestion and prevent constipation. They are very likely to cause soreness at first and must be taken in moderation during the first few days.

Exercise 3.

This is designed for the muscles

at the sides of the abdomen. From the position of Figure 1, but with hands on hips, bend to the side as far as possible, assuming the position of Figure 5. Return to the first position and repeat to the other side. The feet should remain flat upon the floor throughout and the hips should not be moved, the entire movement being just above the hips. The movement should be fairly quick at first and may be repeated ten times to each side. Later it may be made more vigorous and repeated more times.

Exercise 4.

This and the following exercise are for the muscles on the front of the spine and particularly for those on