

quick, with a brief pause in each position. They are valuable in that they involve many muscles and large muscles, so that they particularly stimulate circulation and respiration and possibly perspiration.

Exercise 6.

From the position of Figure 10 jump quickly to that of Figure 11, keeping the elbows straight and bringing the arms forward and downward. Note that in Figure 10 the feet are together and the weight is on the tip toes, while in Figure 11 the feet are well apart. Return to the first position with a jump and repeat ten or fifteen times at first. The vigor of this exercise is more important than the perfection of its execution.

Exercise 7.

From the position of Figure 12, with the feet together and the weight on hands and toes, bring the feet forward with a jump (both feet at the same time) to the position of Figure 13, with the feet apart and the knees outside the arms. Return to the first position with a jump and repeat, keeping the head up all the time. This furnishes a fourth strong abdominal exercise and involves legs, back, shoulders, arms and neck, as well. It may be repeated ten or fifteen times at first.

Exercise 8.

This is designed to be a fast but

somewhat less hard exercise than the preceding and begins the diminuendo toward the end of the session.

From the natural standing position, with the arms at the sides, fling the arms sidewise and upwards, at the same time spreading the feet with a jump so that the position of Figure 4 is assumed. Return to the first position and repeat twenty times.

Exercise 9.

From the ordinary standing position, with the arms at the sides, raise the arms sidewise and upwards, at the same time rising on the toes and inhaling deeply until the position of Figure 10 is reached. Hold this for an instant and return slowly to the first position, exhaling as the arms descend. Repeat slowly about fifteen times, reaching high toward the ceiling and breathing as deeply as possible during the first part of the exercise.

Of course, these particular exercises are not especially new nor are they better than others which have been and can be suggested, but they will provide ten or fifteen minutes of work which can be made sufficiently vigorous for a strong and active man if each movement is made as hard as possible and repeated a considerable number of times or can be made sufficiently light for almost anyone who can take exercise at all. They are also grouped in a good order, for use and variety can be given, if desired, by different combinations even if the positions are limited to those which have been described.

