

## ARM AND SHOULDER EXERCISES

1. Standing one foot forward. **Arms swing forward–downward–sideways.**
2. Standing one foot forward, arms backward. **Arms swinging forward to upward bend.**
3. Standing one foot forward, arms backward. **Arms swinging forward–upwards to upward bend.**
4. Standing one foot forward; opposite hand on hip, free hand loosely closed. **One arm circling backwards.**
5. Standing one foot forward, arms crossed, hands loosely closed. **Arms swinging forward–sideways–palms of hands downward.**
6. Standing one foot forward, hands loosely closed. **Arms swinging forward–sideways, with shoulders pressing backwards in the arms sideways position.** Palms of hands forward.
7. Standing one foot forward, arms crossed. **Arms swinging forward to midway.**
8. Standing one foot forward. **Arms swinging forward–downward–sideways, followed by arms circling backwards.**
9. Standing one foot forward, across bend, hands loosely closed. **Elbows pressing backwards (1) (2), arms swinging forward–sideways (3).**
10. Standing one foot forward, one arm upward, one arm backward, hands loosely closed, palms inward. **Arms changing with forward swing and press backwards.**
11. Standing one foot forward. **Arms swinging forward–downward–sideways–twice, followed by arms circling backwards — twice.**
12. Standing one foot forward, across bend, hands loosely closed. **Elbows circling upward–backwards.**
13. Standing one foot forward, across bend, hands loosely closed. **Elbows circling forward — twice, followed by circling upward–backwards — twice — medium circles.**
14. Standing one foot forward, arms forward, hand loosely closed. **Arms swinging sideways and pressing backwards — palms of hands forward.**
15. Standing one foot forward, arms backwards, hands loosely closed, palms facing inwards. **Arms swinging forward (1), followed by arms swinging forward– upwards (2) (3).**
16. Standing one foot forward, arms sideways, hands loosely closed, palms downward. **Arms swinging downward–forward, downward–sideways to arms**

**crossed, followed by arms swinging to midway–sideway–upward, followed by arms circling in front of body to arms sideways.**

17. Standing one foot forward, arms forward, hands loosely closed, palms inward.

**Arms swinging sideways and pressing backwards (1) (2), followed by arms swinging forward–upwards and pressing upwards–backwards (3) (4).**

18. Standing one foot forward, arms backward, hands loosely closed, palms inward.

**Arms swinging forward (1), forward–midway–forward–upwards (2), forward–upwards (3), followed by arms circling backwards three times.**

19. Standing one foot forward. **Arms circling backwards.**

### TRUNK EXERCISES

1. Standing wide astride. **Trunk bending from side to side.** Head to follow the natural curve of the spine; reach down side of leg with hand.

2. Standing wide astride, arms crossed, hands loosely closed. **Trunk and head turning with one arm swinging midway–sideway– upwards.** 1–3 each side.

3. Standing wide astride. **Trunk bending from side to side with one arm reaching downwards and opposite arm under–bending.**

4. Standing wide astride, arms across bend, hands loosely closed. **Trunk and head turning from side to side with alternate arm swinging sideways.** Smooth full range movement but with no undue momentum.

5. Standing wide astride. **Trunk bending sideways with increasing range — 1–3 each side — with one arm reaching downwards and opposite arm under bending.**

6. Standing wide astride, trunk with slight upper dorsal bend backwards, hands on hips. **Trunk circling — left and right — shoulders kept square to the front; circle to left and right alternately.**

7. Standing wide astride. **Relaxed trunk bending downwards to touch floor with hands twice, followed by trunk unrolling slowly.** Trunk not to be thrown vigorously downwards; second floor touch after small rebound from first movement; unrolling slowly from the base of spine upwards, gradually assuming correct upright posture.

8. Standing wide astride. **Relaxed trunk bending downwards to touch floor with hands four times, followed by trunk unrolling slowly.** Smooth and rhythmical with no undue vigour in the downward movement; unrolling to be slightly faster than in previous table.

9. Standing wide astride. **Relaxed trunk bending downwards to touch floor four times, alternately both hands between the feet and one hand outside each foot, followed by trunk unrolling slowly.** Smooth and rhythmical with no undue vigour in the downward movement; floor touching with slight rhythmical press; trunk unrolling slightly quicker than in previous table.
10. Standing astride. **Relaxed trunk bending downwards to touch floor four times, alternately forward and backward between feet, followed by trunk unrolling.** Rhythmical downward movement with no excessive vigour or momentum; unrolling to be much quicker than in previous tables.
11. Standing astride. **Relaxed trunk bending downwards to touch floor with both hands three times one foot, followed by trunk unrolling. Repeat exercise alternately to each side.**
12. Standing, arms upward—bend. **Relaxed trunk bending downwards to touch the floor with both hands behind feet three times, followed by trunk unrolling with arms swinging forward to upward bend.** Unrolling should be fairly swift; slight press of shoulders in upward—bend position.

### LEG EXERCISES

1. Standing **Skip jumping.** (Jumping with both feet together)
2. Standing **Astride jumping.** (Jumping with legs apart)
3. Standing **Skip jumping alternated with astride jumping.**
4. Standing **Skip jumping with turning left or right, or turning about** — after a given count.
5. Standing **Skip jumping** — to a given count, **followed by upward jumping with knees raising high** — to a given count.
6. Standing **Skip jumping with legs opening and closing in the air** — after a given number of skip jumps.
7. Standing **Skip jumping to crouch** — with fingers support on a given count.
8. Standing **Skip jumping** — to a count of 4, **followed by knees full bending (5).**
9. Standing **Astride jumping** — 6 to 8 times, **followed by knees full bending.**

10. Standing **Skip jumping, followed by legs parting** — forward and back ward — **in the air** — after a given count.
11. Standing **Skip jumping, followed by jumping with straight legs raising forward and body bending forward to touch toes with fingers** — after a given count.
12. Standing **Skip jumping (1–6), knees full bending to crouch (7), followed by upward jump with legs astride and arms midway– sideway–upward (Star Jump) (8).**