



6. Sit-up with legs folded under to stretch front thigh muscles

There are several kinds of squats and deep-knee-bends that you might do for a change, including the leg-straightening and leg-bending with apparatus, as mentioned before. You can also do hip-swings, standing on one leg and swinging the other forward, back, or sideways.

SUPPLEMENTARY EXERCISES FOR BEGINNERS

Many people will need more flexibility or strength in one part of the body or another, principally in the wrists, hands, and fingers, or the feet and ankles. For a week or two, supplementary exercises may be included in the class warm-up, and continued thereafter as homework by those who think they need them. These exercises can be fitted in almost anywhere *before* the jumping jacks, and in any order.

1. *Fist Clenching.* Close your hands into fists and squeeze harder and harder while you silently count to 12.
2. *Finger Spreading.* Stretch your fingers apart, and keep trying to spread them wider and wider while you silently count to 12.
3. *Wrist Bending.*
 - a. Put your palms together in front of your chest, fingers up, and push inward. Force your wrists down until they hurt, and silently count to 12.
 - b. Put the backs of your hands together, fingers down, and push inward. Force your elbows down, keeping your wrists pressed together, while you silently count to 12.

You should thus have bent your wrists hard in the two main directions, stretching and toughening the forearms.

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