

- b. With a straight back, bending from the hip joint only and not from the chest, sweep forward and down and attempt to touch the floor without bending the knees.
- c. Recover to position a. (Fig. 5.)
- d. Recover to position. (Fig. 1.)



FIG. 6.

This exercise seemingly adds to one's height by lessening accentuated spinal curves and by giving a greater erectness to the figure.

Chest Opening Exercise.

Stand at position (Fig. 1); extend arms at "front horizontal," rise sharp on toes as you swing both arms back to "side horizontal" position (Fig. 6), pressing chest up and forward, and strongly contracting back muscles of the neck, arms, shoulders and back; recover easily to "position," with arms at "front horizontal," and repeat until muscles brought into play have been well exercised. Inhale as you sweep arms back; exhale on the recovery.

To Correct Round Shoulders, Flatten the Upper Back and Raise and Open the Chest.



FIG. 7.

Stand at position. (Fig. 1.) Raise arms to side horizontal. Keep arms fully extended, palms of hands upward; slowly describe a backward circle of about twelve inches with the arms fully extended and back of the chest line