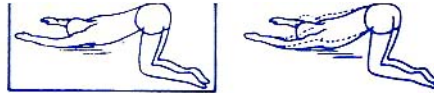


### Exercise 3

**Starting position** : On your knees, with head and arms extending downwards, hands touching the floor.

**Method** : i) Bring the chest down several times as if to touch the floor.  
ii) Come back to the position of standing on all-fours for a few seconds and then repeat chest movement.

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**Exercise 4**

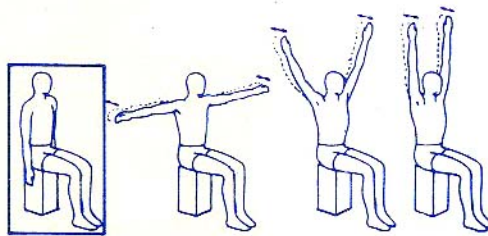
**Starting position** : On your knees, with head and arms slanting downwards, hands touching the floor.

**Method** : Raise the arms up alternately, without moving the chest.

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Exercises E: Seated upon a stool

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**Exercise 1**

**Starting position** : Sitting straight upon a stool, arms by your side.

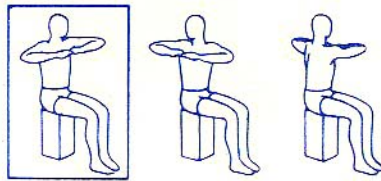
**Method** : Raise both arms sideways at shoulder level, move them backwards vigorously three times, then repeat the movement with arms at an angle of 45° above the head, and then with the arms parallel to the head.

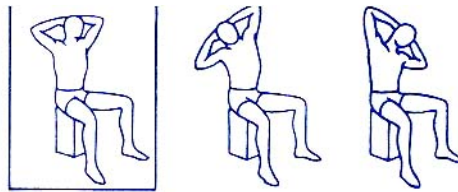
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## Exercise 2

**Starting position** : Sitting upon a stool, with both arms meeting across the chest at shoulder level, both the thumbs touching.

**Method** : Turn the body sideways, trunk upwards, and move the elbows backwards without separating the arms.



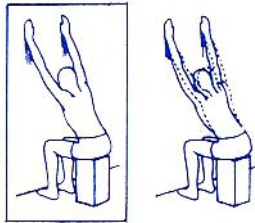


**Exercise 3**

**Starting position** : Sitting upon a stool, with both hands joined behind the head, the feet 50 cms. apart.

**Method** : Bend the body, trunk upwards, first to the right side and then to the left.

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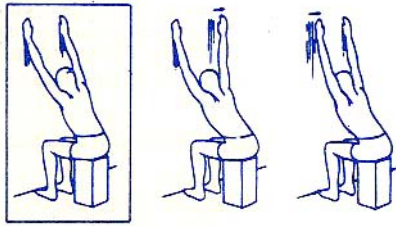


#### Exercise 4

**Starting position** : Sitting upon a stool, facing the wall, arms extended above the head, hands and toes touching the wall.

**Method** : Bend forward and try to touch the chest to the wall.

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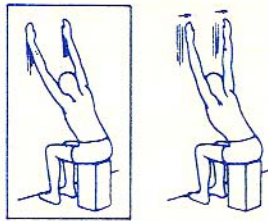


**Exercise 5**

**Starting position** : Sitting upon a stool, facing the wall, arms extended above the head, hands touching the wall.

**Method** : Bend the chest forward, and in this position take the hands off the wall alternately.

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## Exercise 6

**Starting position** : Sitting upon a stool, facing the wall, arms extended above the head, hands touching the wall.

**Method** : Bend the chest forward and in this position take both the arms off the wall simultaneously.