



Fig. 1. Forward lunge of one and raising right leg. Fig. 2. Forward lunge of one and raising left leg. Fig. 3. Backward lunge of one and raising right leg. Fig. 4. Backward lunge of one and raising left leg. Fig. 5. Forward lunge of one and raising right leg. Fig. 6. Forward lunge of one and raising left leg.



Fig. 7. Bending the trunk backwards and forwards. Fig. 8. Arm exercise. Fig. 9. Bringing the arms sideways, right and left. Fig. 10. Body exercise.



VICTORIAN STYLE

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