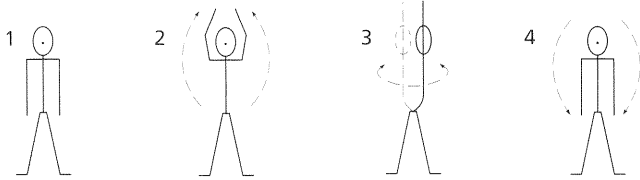


# How to do Keep-fit Exercises

1 Put each of the following verbs in the correct space in the instructions.

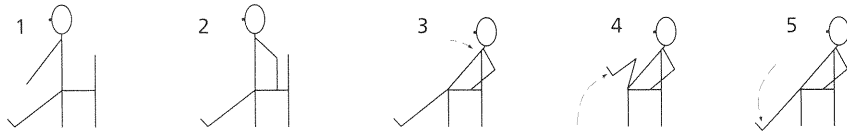
**move    raise    lower    turn    hang    stand**



- 1 \_\_\_\_\_ with your feet apart. Let your arms \_\_\_\_\_ by your sides.  
 2 \_\_\_\_\_ your arms above your head.  
 3 \_\_\_\_\_ your body first to the left, then to the right. (Don't \_\_\_\_\_ your feet.)  
 4 \_\_\_\_\_ your arms to your sides again.

2 Instructions as above.

**touch    lean    hold    bend    bring    straighten**



- 1 Sit on the front part of a chair, with your feet on the floor.  
 2 \_\_\_\_\_ the sides of the chair.  
 3 \_\_\_\_\_ back against the back of the chair.  
 4 \_\_\_\_\_ your knees, and \_\_\_\_\_ them up to \_\_\_\_\_ your chest.  
 5 \_\_\_\_\_ your legs and lower them to the floor again.

3 Using words from the exercises above, give instructions how to do these exercises.

