

TALATI'S 8TH EAST BOMBAY

BP'S SIX EXERCISES



INTRODUCTION:

- **Any boy can make himself strong and healthy through some regular body exercises.**
- **They take only ten minutes and do not require any apparatus.**
- **Do them immediately after getting up or in the evening. Wear loose clothing.**
- **Inhale through the nose and Exhale through the mouth.**
- **Here are some good exercises suggested by Lord Baden Powell. The movements should all be done as slowly as possible.**
- **These exercises benefit the body, mind and soul. So make them a part of your daily life.**

1st
EXERCISE

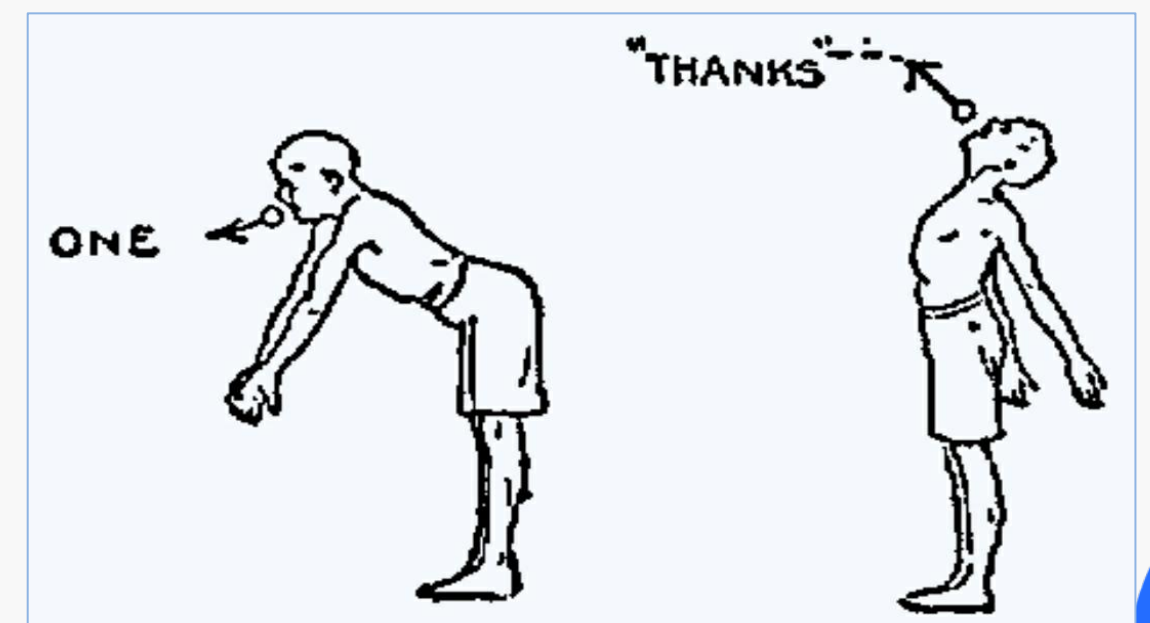
FOR HEAD AND NECK

- **Rub the head, face, and neck firmly over several times with the palms and fingers of both hands vigorously.**
- **Thumb the muscles of the neck and throat.**

2nd
EXERCISE

FOR THE CHEST

- From upright position bend to the front, arms stretched downwards, with back of the hands together in front of the knees. Breathe out.**
- **Raise the hands gradually over the head and lean back as far as possible, drawing a deep breath through the nose as you do.**
 - **Lower the arms gradually to the sides, breathing out the word "Thanks".**
 - **Lastly, bend forward again, breathing out the last bit of breath in you, and saying the number of times you have done it.**
 - ***Repeat this exercise 12 times.***
 - **Deep breathing and gentle Movement is important.**





FOR THE STOMACH

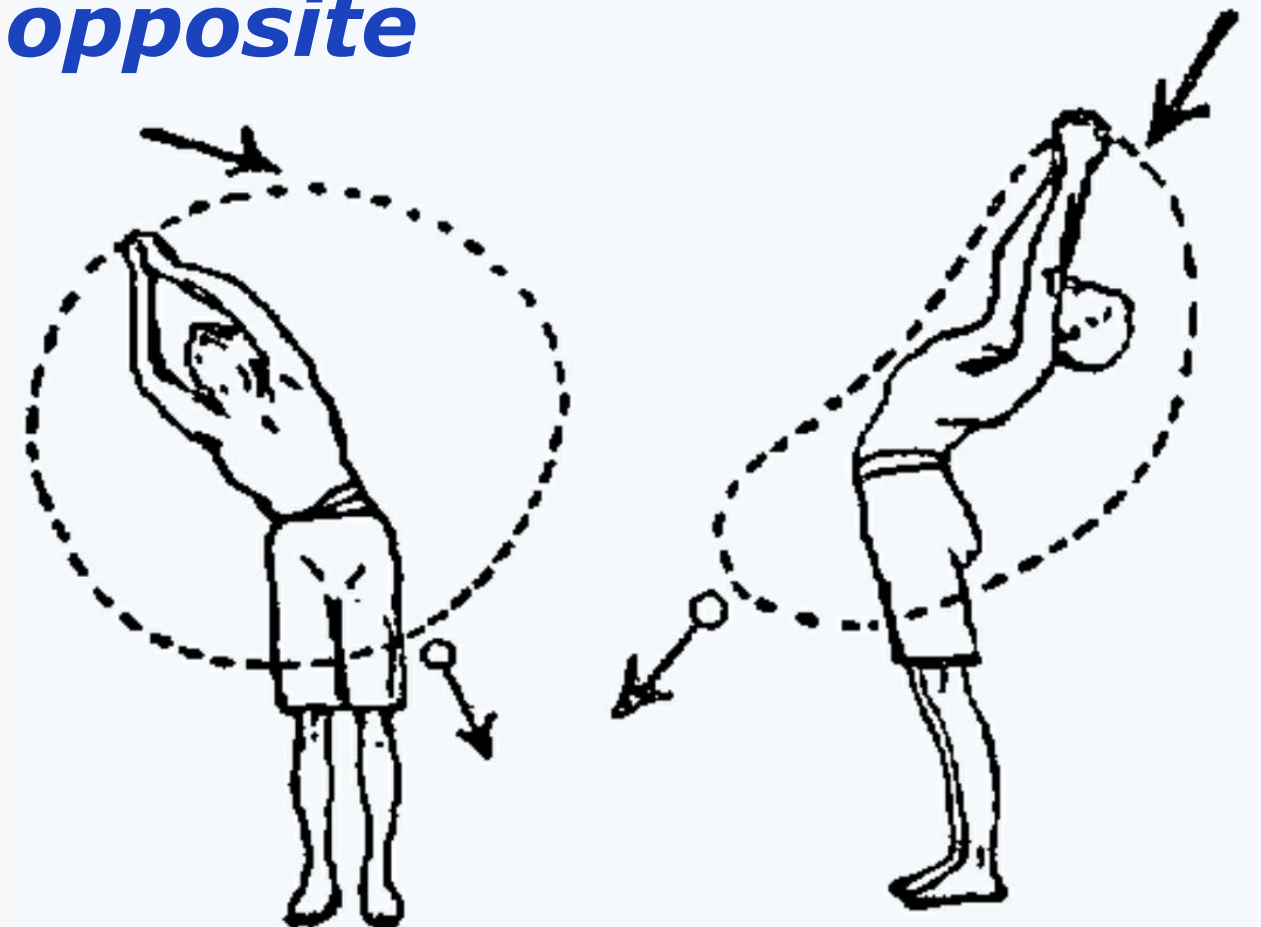
- **Standing upright, send out both arms, fingers extended, straight to the front, then slowly swing round to the right from the hips without moving the feet, and point the right arms as far round behind you as you can, keeping both arms level with, or a little higher than, the shoulders.**
- **Then, after a pause, swing slowly round as far as you can to the left. Breathe in when pointing to the left. "Body twisting".**
- ***Breathe out when pointing to the right.***
- ***Repeat six times, change the breathing to the other side and repeat six times.***





FOR TRUNK

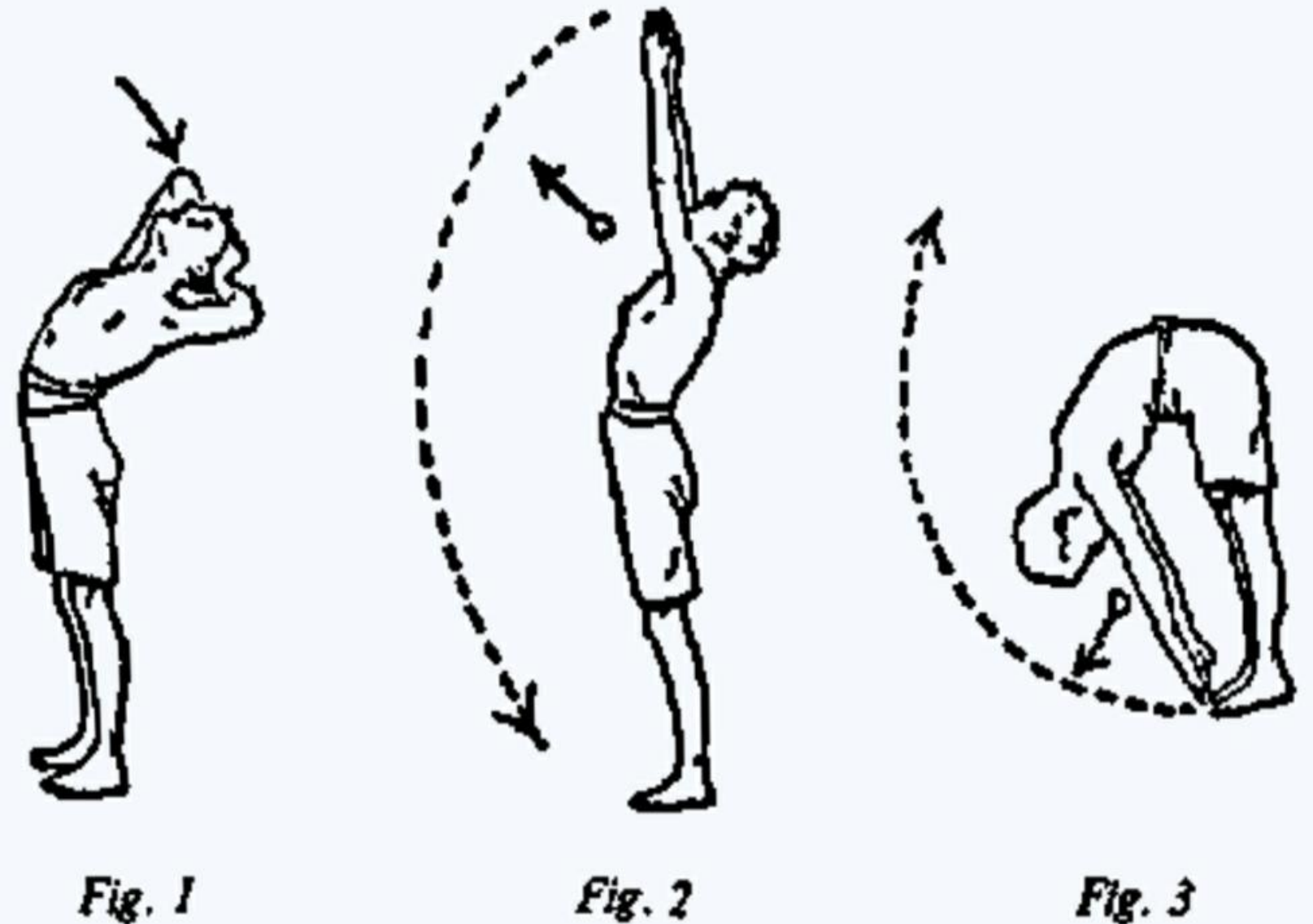
- This is also called the “Cone Exercise”.
- Standing at “Attention” position, raise both hands, as high as possible over the head, and link fingers.
- Lean backwards, twist from hips, sway the arms very slowly round in the direction of a cone, so that the hands make a wide circle above and around the body, and leaning over one side, then to the front, then to the other side, and then back.
- *After completing the circle, start in the opposite direction.*
- *Repeat six times both ways.*
- *Breathe in when leaning backward and breathe out when leaning forward.*





**FOR LOWER BODY AND BACK
OF LEGS**

- **Stand with feet slightly apart, hold your head with both hands and look up into the sky, leaning back as far as you can, and then bend forward and downward till your fingers touch your toes, without bending your knees.**
- **Keep your knees stiff**
- ***Repeat 12 times.***





**FOR LEGS, FEET
AND TOES**

- **Stand in 'Attention' position, put the hands on the hips, stand on tip-toe, turn the knees outwards, and bend them slowly down to a squatting position, keeping the heels off the ground the whole time.**
- **Keep your trunk upright.**
- **Then gradually raise the body and come to the first position again.**
- ***Repeat this 12 times.***
- ***Breathe in as body rises and breathe out as the body sinks.***



Thank You
For Attending This Session

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