Alois P. Swoboda's System of Physical Culture.

In taking exercise, be sure that you do not grip the hands, as that would make the forearms tense.

Strip to the waist, and always exercise before a glass so that you will take a greater interest in yourself and your work, and will see your improvement more readily as you go on.

Take exercise just before retiring and follow with a cold sponge bath, which will make you feel refreshed, and will make you sleep well.

Take exercises A, D, and E, 10 times each, never any more, with each arm, but increase in tension and resistance.

Take exercise P, three times first day, and add one daily until muscles tire.

Take the exercises moderately and slowly. If you do them rapidly you will be unable to preserve the proper rigidity.

Take a rest of ten seconds between each exercise. Do not hold your breath; breathe easily and freely. This will be hard at first, but will soon become easy and natural.

Make a practice of inhaling on one movement, and exhaling with another, and you will find it much easier to breathe naturally whilst exercising.

In the morning take all the exercises half the number of times that you do at night. You need not rest between exercises, but follow with a cold sponge bath the same as at night.

Exercise A.

Arms straight down in front, elbows close to body, palms turned forward. Bend arms at elbows alternately, and as you bend one arm straighten the other. This movement is entirely and only in the elbows. Do not close the hands. The muscles are kept rigid, both bending and straightening.

Note. You cannot make the muscles too rigid. The more rigid the better.

D.

Arms horizontal, palms up, make rigid the muscles of the upper and bend both arms, so that the fingers nearly or altogether touch the shoulders. Straighten them again, keeping muscles rigid.

E.

Arms out from sides height of shoulders, palms facing front. Make rigid muscles of chest and shoulders, bringing arms together in front. Keep the back well up in this exercise and keep hands directly under shoulders.

W.

Lie flat on the floor on your back, fold the hands over the chest, raise head and shoulders by bending over the abdomen tension strongly the abdominal muscles. Do not try to sit up in this exercise.

Lesson 2, (after 2 weeks).

Add following three exercises to those you already have, placing floor exercises at end. Do new exercises 10 times at night and 5 times in the morning, muscles as rigid as possible. Increase P. and W. gradually to 15 and 25 times respectively. You can now begin to relax muscles for an instant after each count in A. and D.

H.

Arms out horizontally, palms down, hands closed tight. Bend wrists as low as possible, then bring slowly up as far as possible. Do slowly and rigidly. This exercise is difficult if done properly.

I.

Arms out horizontally, palms down, rigidise muscles of shoulder and upper back. Draw shoulder blades close together, and draw arms to sides, bringing chest forward. Keep muscles tight in downward motion only. Relax muscles as arms are raised.

J.

Arms horizontal, palms up. Rigidise muscles of arms and shoulders, and draw arms up till hands are are almost straight above the head. Relax muscles as arms come down.
Lesson 3, (after 2 weeks).
Add following three exercises to those you have, placing P. and W. at the end. Take exercises R. and Q. 15 times at night and 5 times in the morning. Take M. 10 times at night, and 5 times in the morning.

R.
Arms above head, palms turned forward. Keep arms in same position and bend forward as far as possible to the floor. Rigidise muscles of the back and straighten up to position. The forward movement in this exercise is simply to get ready. Movement entirely in hips and back.

Q.
Hands by sides, palms turned in. Bend over from waist sideways to the right, pushing right arm well down. Come up to position, then bend to the left pushing left arm down.

M.
Body bent forward, arms down as if reaching towards the floor, palms turned in. Keep muscles quite rigid in upward and downward motions. Add the following three exercises to those you have. Take exercise G. 10 times. X. and Y. 5 times first day, and increase to 20 and 15 times respectively.

G.
Arms straight out in front, palms down. Move arms alternately from level of head down to thigh. Keep muscles quite rigid in upward and downward motions.

X.
Lie flat on your back and place hands under your head. Keep the legs straight and slowly raise feet until straight up, then let them down slowly, keeping muscles rigid on upward motion only. Do not throw the feet up.

Y.
Lie flat on your back, hands folded across chest, and feet placed under something to keep them down. Slowly raise the body to sitting position. Do not bend over the stomach but in the hips. Keep body rigid on upward motion only.

Lesson 4, (after 2 weeks).
Add following three exercises to those you have. Take exercise G. 10 times. X. and Y. 5 times first day, and increase to 20 and 15 times respectively.

Lesson 5, (after 2 weeks).
Add following three exercises. Take Y. and U. 10 times each at night and omit them in the morning. Take V. 10 times and increase gradually to 30 times.

Ya.
Body erect, hands placed upon something to preserve balance. Rigidise muscles of calves and slowly raise on the toes as high as possible, remain thus for two seconds, then relax and go down.

U.
Body erect, hands on something to balance. Standing on heels, slowly raise toes as high as possible. Remain thus for few seconds and relax.

V.
Assume position on toes, hands out in front. Slowly lower the body by bending the knees. Then rigidise muscles of thigh and rise to first position, keeping on toes all the time. Muscles kept rigid on upward motion only.

Lesson 6, (after 2 weeks).
Add following three exercises, placing floor and leg exercises at end. Take each N. and F. 10 times at night and 5 in the morning. Later, if you feel that the exercises take up too much time, take the following: - A, E, I, J, R, F, W, and V. This short course will enable you to retain the benefits you have derived, and also to gradually improve your condition.

N.
Body erect, arms hanging at sides. Rigidise muscles of chest and shoulders and slowly draw shoulders as high as possible, then draw them as low as possible, not with a jerk but slowly. Inhale as much as you can with the first movement, and exhale as much as you can with the second movement.

F.
Assume position with arms bent at elbows, elbows close to body, palms turned in. Rigidise muscles of arms and shoulders and push arms to full length above the head. Draw back to first position, keeping muscles rigid all the time.

End of A. P. Swoboda's System of Physical Culture.