

Swedish Drill Revisited II

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**Arm stretching
upward and backward.**

Attention!

Card 2 of 3

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**Arm stretching
upward and backward.**

**Arm stretching
forward and backward.
Arms upward – stretch.
Arms return – stretch (only lower).
Arms backward – stretch.
Arms return – stretch.**

[Repeat 5-10 times]

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Heel raising.

**Heel raising. Wing standing.
Arms firm Heels – raise. Lower.
[Repeat 5-10 times, then:]
Arms wide – place! 1, 2.
Arms raise! Lower.
[Repeat 5-20 times, then:]
Feet together – place! 1, 2.**

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Arm stretching sideways.

**Arm stretching sideways.
Arms across – bend!
Arms stretch sideways – raise!
Arms – close. Attention!**

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Arm stretching sideways.

Attention!

Card 2 of 2

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Squatting.

**Squatting. Hips – firm!
Feet astride – place! 1, 2.
Knees bend – lower.
Knees straighten – raise.
[Repeat, then:]
Feet together – place! 1, 2.**

Card 1 of 2

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