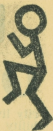


LOOK!

**Keep fit
—it's
easy**



THE Royal Marine Commando exercises that appeared in Look! have attracted impressive acknowledgment from the sporting world.

We hear from Tyne Tees Television, who commissioned the routines from the Commandos and made them available to The Sunday Times, that one of the football teams in Tyne Tees' region, Hartlepoons, took them up after a disastrous run of losses.

Len Ashurst, the player-manager, actually called the Marines to put his men through their paces. The Commandos don't like to boast, but last week Hartlepoons had lost only four of their last 15 matches. Whether to take on a Commando as a full-time trainer is now being considered.

We also hear that Vernon Stratton, the Olympic yachting team's manager, has asked for the full Commando exercise instructions to give to every skipper and crew. Stratton says he and their coach have tried the exercises themselves and are mightily impressed.

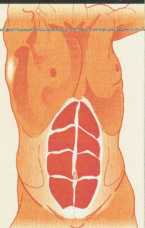
The Sunday Times wallchart of Commando exercises will soon be available. It is arranged to achieve three different levels of fitness, according to your needs and ambitions, and at roughly two feet by three will fit nicely on the bedroom door as a permanent reminder of the ten minutes' daily work-out we owe our bodies.

It costs 60p, including posting and packing, which is cheap enough for a healthy life. Make your cheque out to Times Newspapers Limited and send it to Commando Wall Chart, The Sunday Times, 12, Coley Street, London, WC99 9YT. Early orders will secure the first charts off the presses, but we must ask you to allow up to a month for delivery.

Now About Those Steely Abs

Your abdominals, better known as your stomach muscles, can not only make you look in shape when you're not but provide the stabilization and power for virtually every type of exercise and sporting activity. They transfer force from the upper body to the lower, and the rectus abdominis—the washboard when finely honed—is the prime mover of your spinal column. The stronger your abdominals, the less likely you are to have back problems.

Abs should be worked in every session. But forget your old P. E. classes and bag the sit-up, which has long since vanished from the repertoire of exercise physiologists. It's been replaced by the crunch, which provides a better abdominal workout with less stress on your hips and back. (Ignore the inclined sit-up boards as well: Even if you hook



your knees over the end, which is how most boards are now built, you're pulling with your calves and hamstrings, which are doing work your abs should be doing.)

The Classic Crunch

Lie on your back, knees bent, hands behind your head, elbows completely flat. Now simply concentrate on pressing your navel down into the floor. This will naturally raise your trunk up off the floor. Your trunk should come up only about halfway, and if it comes up at all and your navel presses down, the crunch is working.



but by concentrating on raising your left shoulder off the floor as far as it can go. Then do ten from the right side.

3. Do twenty more straight with your knees up, which means your thighs are vertical, your knees are bent, and your feet are off the floor.

4. Do twenty more (if you can still move) with your legs straight, pointing upward and crossed at the ankles.

5. You might do the last twenty with a bicycling motion, bringing your left knee toward your right shoulder, then your left shoulder toward your right knee.

The Ideal Ab Workout

Shoot for five sets of twenty, with thirty seconds' rest between sets. As your abdominals get stronger, which will happen quickly, add another hundred.

1. Start with twenty straight crunches, push-

ing the navel down, trunk coming up.

2. Then do ten with your left side, not by pulling the left elbow up,

TODAY we launch our ten-week keep-fit campaign. This first week's exercises are to be carried out for 12 minutes each day. Very simple.

It's true that the routines are laid down by the Royal Marine Commandos—but don't assume that they are for athletes only: the Commandos advise that virtually anybody can do them if they follow the instructions and keep to the progress chart which will be published each week. In ten weeks, perfect fitness!

Tyne Tees Television, for whom the Commandos devised the exercises, will be showing this first set to viewers tomorrow at six. In making the

routines available to Look! they add only a few notes of caution:

● There are separate exercises for men and for women. Make sure you get the right ones.

● If you have not exercised for a long time, have been inactive for two years, are very much overweight, have suffered from a heart attack or respiratory condition, seek a doctor's advice before starting. Under-elevens might find some exercises too searching. The very unfit or weak should try only a third of the number of exercises recommended; the average unfit person might get through two-thirds

of them, to start with at least. The exercises will get harder week by week, but most people will quickly find themselves the fitter to do them.

● The best time to exercise is before breakfast; otherwise any time, so long as it's at least an hour after a meal.

● Before starting your daily 12 minutes, do a warm up, a bit of bending, deep breathing or swimming strokes. Ideally, have a half-hour's walk each day, too.

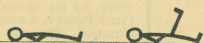
● Give yourself two days off if you are sick or injured.

That's all, now go to it. It's worth 12 minutes a day to restore your health, if you can remember what that is.

FIRST WEEK—WOMEN



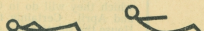
ARM-RAISING: From the standing position place the feet apart and cross the wrists over the stomach. Keeping the arms straight swing them upwards and outwards and return. 5 times.



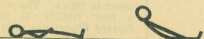
LEG-RAISING: Lie on the back and raise each leg alternately to as near a vertical position as possible. 5 times.



SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, reaching down the side of your leg as far as you can go. 10 times.



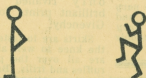
DORSAL EXERCISE: Lie face down, with hands grasped behind the back. Raise the trunk and legs off the ground simultaneously. 5 times.



SIT-UPS: Lie on your back, then rise without use of your arms to a semi sitting position. The hands must be able to cover the knee caps. Return to lying on the back. 5 times.

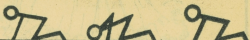


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. This is a burpee. 4 times.



SPOT RUNNING: Run on the spot and keep count up to ten, using left leg as the marker as it touches the ground. Pause for five seconds and repeat. 3 times.

FIRST WEEK—MEN



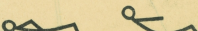
HALF PRESS-UPS: From a standing position kneel down. Lean your body forward placing your hands in front of your shoulders and on the ground so that the hands can support your upper body. Now bend and stretch your arms, keeping the knees on the ground. 15 times.



SIDE-BENDING: From a standing position with hands at the sides bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area. 15 times.



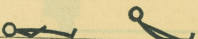
HALF SQUATS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. 15 times.



DORSAL EXERCISE: Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. 12 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. This is a burpee. 10 times.



SIT-UP: Lie on your back, then rise without use of your arms, almost to a sitting position. The hands must be able to touch the knee caps. Return to lying on the back. 15 times.



SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces then do one half squat. 4 times.

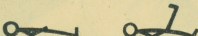
12 minutes every day, that's all. New exercises next Sunday

SECOND WEEK of our Royal Marine Commando keep-fit course, made available to Look! by Tyne Tees Television, who are showing this week's exercises to their viewers at six tomorrow night. The exercises are much the same as before, but the dosage has been increased. Remember, if you are very unfit do cut down the number by half or even more. Note: many readers found last week that the exercises were not occupying the full 12 minutes each day. This week's certainly should.

Week 2—Women



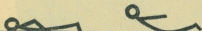
ARM-RAISING: From the standing position place the feet apart and cross the wrists over the stomach. Keeping the arms straight swing them upwards and outwards and return. 8 times.



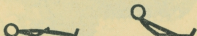
LEG-RAISING: Lie on the back and raise each leg alternately to as near a vertical position as possible. 15 times.



SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, reaching down the side of your leg as far as you can go. 15 times.



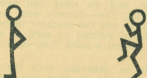
DORSAL EXERCISE: Lie face down, with hands grasped behind the back. Raise the trunk and legs off the ground simultaneously. 6 times.



SIT-UPS: Lie on your back, then rise without use of your arms to a semi sitting position. The hands must be able to cover the knee caps. Return to lying on the back 8 times.



BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 8 times.

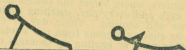


SPOT RUNNING: Run on the spot and keep count up to ten, using left leg as the marker as it touches the ground. Pause for five seconds and repeat. 4 times.

New exercises next Sunday

LOOK!

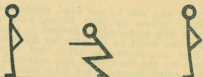
Week 2—Men



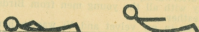
PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. 10 times.



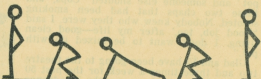
SIDE-BENDING: From a standing position with hands at the sides bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area. 20 times.



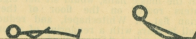
HALF SQUATS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. 20 times.



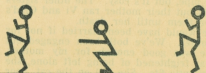
DORSAL EXERCISE: Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. 16 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. 14 times.



SIT-UP: Lie on your back, then rise without use of your arms, almost to a sitting position. The hands must be able to touch the knee caps. Return to lying on the back. 20 times.



SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces then do one half squat. 5 times.

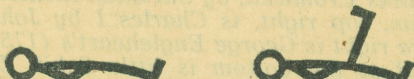
The healthy life

THE EXERCISES are a bit different and tougher this week. Do 12 minutes every day, but cut down, remember, if you are very under part. More next Sunday.

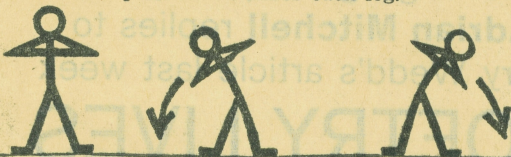
THIRD WEEK—WOMEN



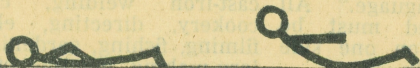
ARM-RAISING: As last week, place the feet apart and cross the wrists over the stomach. Keeping the arms straight swing them upwards and outwards and return. But this week, raise the heels and push your chest out as you raise the arms. 10 times.



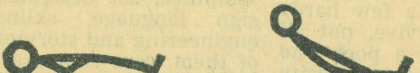
LEG-RAISING: As last week, lie on the back and raise each leg alternately to as near a vertical position as possible. But this time count 12345 as the leg goes to the vertical position. 8 times each leg.



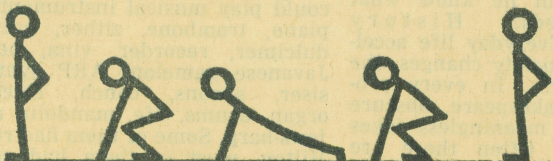
SIDE-BENDING: From a standing position, with feet slightly apart and hands on shoulders. Bend the body from the waist, left then right, reaching down each side as far as you can go. 15 times.



DORSAL EXERCISE: Lie face down, with hands grasped behind the back. Raise the trunk and legs off the ground simultaneously. 7 times.



SIT-UPS: Lie on your back, then rise without use of your arms to a semi sitting position. The hands must be able to cover the knee caps. Return to lying on the back 10 times.

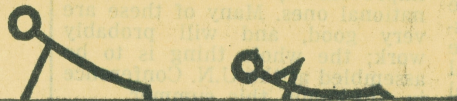


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 9 times.



SPOT RUNNING: Run on the spot and keep count up to ten, using left leg as the marker as it touches the ground. At the end of 10 paces go into half squat, raising arms horizontally. Stand up and repeat 3 times.

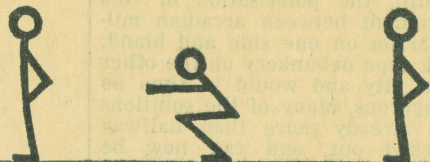
THIRD WEEK—MEN



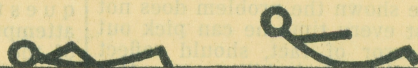
PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. 15 times.



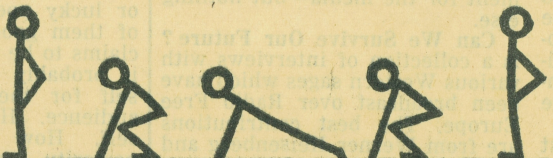
SIDE-BENDING: From a standing position, bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area—at the same time curling the opposite arm underneath the armpit. 20 times.



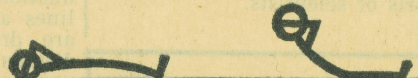
HALF SQUATS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. 25 times.



DORSAL EXERCISE: Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. 20 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. 18 times.



SIT-UP: Lie on your back, hands clasped behind the neck, rise, without use of your arms, to a full sitting position. You may need to bend your knees. Return to lying on the back. 20 times.

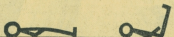


SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces do one half squat. 5 times.

FOURTH WEEK—WOMEN



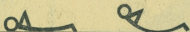
ARM-RAISING: As last week, place the feet apart and cross the wrists over the stomach. Keeping the arms straight swing them upwards and outwards and return. Raise the heels and push your chest out as you raise the arms, and this week when the arms are up jerk them backwards and bring them down on the rebound. 10 times.



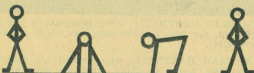
LEG-RAISING: Lie on the back and raise both legs together to a vertical position, counting up to 5. If in difficulty, stretch your arms outwards. 5 times.



SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, this time with one hand on the shoulder and the other arm curling over the head, left and right alternately. 20 times.



DORSAL EXERCISE: Lie face down, hands on the shoulders. Raise the trunk and legs off the ground simultaneously. 8 times.



TOE-TOUCHING: From the standing position with feet about 18 inches apart, try to touch the toes without bending the knees. Do the movement slowly and return to standing position, feet astride. 14 times.

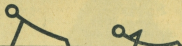


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 10 times.



SPOT RUNNING: Run on the spot and keep count up to ten, using left leg as the marker as it touches the ground. At the end of 10 paces go into half squat, raising arms horizontally. Stand up and repeat 4 times.

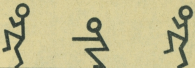
FOURTH WEEK—MEN



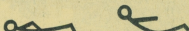
PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. 20 times.



SIDE-BENDING: From a standing position, bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area—at the same time curling the opposite arm over the head. 20 times.



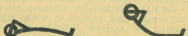
HALF SQUATS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. 30 times.



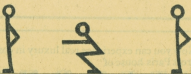
DORSAL EXERCISE: Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. 25 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. 20 times.



SIT-UP: Lie on your back, hands clasped behind the neck, rise, without use of your arms, to a full sitting position. You may need to bend your knees. Return to lying on the back. 25 times.



SPOT RUNNING. Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces do one half squat. 8 times.

The healthy life: more get-fit Commando exercises

FIFTH WEEK—WOMEN



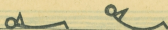
ARM-RAISING: As last week, place the feet apart and cross the wrists over the stomach. Keeping the arms straight swing them upwards and outwards and return. Raise the heels and push your chest out as you raise the arms, and this week when the arms are up jerk them backwards and bring them down on the rebound 12 times.



LEG-RAISING: Lie on the back and raise both legs together to a vertical position, counting up to 5. If in difficulty, stretch your arms outwards. 8 times



SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, this time with one hand on the shoulder and the other arm curling over the head, left and right alternately. 24 times.



DORSAL EXERCISE: Lie face down, hands on the shoulders. Raise the trunk and legs off the ground simultaneously for a count of three. 8 times.



TOE-TOUCHING: From the standing position with feet about 18 inches apart, without bending the knees, try to touch with both hands the left foot and stand up, then try to touch the right foot and stand up. Do the movement slowly and return to standing position, feet astride. 8 times.

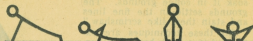


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 11 times.



SPOT RUNNING: Run on the spot and keep count up to ten, using left leg as the marker as it touches the ground. At the end of 10 paces go into half squat raising arms horizontally. Stand up and repeat 4 times.

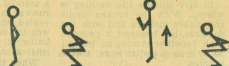
FIFTH WEEK—MEN



PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. 24 times with the fingers turned outwards, 6 times with them turned inwards so that they are touching.



SIDE-BENDING: From a standing position, bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area—at the same time curling the opposite arm over the head. 24 times.



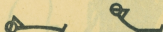
SQUAT JUMPS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time, then jump upwards, a foot or more off the ground, returning to standing position. 15 times.



DORSAL EXERCISE: Lie face down with hands on shoulders. Raise the trunk and legs off the ground, simultaneously. 20 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. 24 times.



SIT-UP: Lie on your back, hands clasped behind the neck, rise, without use of your arms, to a full sitting position. You may need to bend your knees. Return to lying on the back. 30 times.



SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion, do a star stand from the crouch position, which means doing a slight jump, your arms going upwards and apart, your legs going wide astride. Ten paces and the star jump 6 times.

The healthy life

THE MORE energetic Look! readers should be well and truly fit now. Those not so fit, and those taking up our Royal Marine Commando ten-week course a bit late should attempt only a limited number of each exercise.

SIXTH WEEK—WOMEN



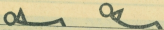
ARM-STRETCHING: Stand with feet wide astride and the hands stretched out in front of you, parallel to the ground. Now move the arms wide apart and rebound to the forward position, with the arms stretched straight out in front parallel to the ground. 16 times.



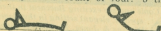
LEG-RAISING: Lie on the back and raise both legs together to a vertical position, counting up to 5. If in difficulty, stretch your arms outwards. 10 times.



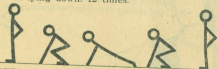
SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, this time with hands clasped behind the neck. 24 times.



DORSAL EXERCISE: Lie face down, hands on the shoulders. Raise the trunk and legs off the ground simultaneously for a count of four. 8 times.



SIT-UPS: Lie on your back with arms in neck rest position (behind the neck). Sit up to the vertical and return to lying down. 12 times.

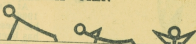


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 10 times.



SPOT RUNNING: Run on the spot and keep count up to 10, using left leg as the marker as it touches the ground. At the end of 10 paces go into half squat raising arms horizontally. Stand up and repeat 6 times.

SIXTH WEEK—MEN



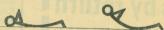
PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. The arms are now bent and stretched allowing the chest to touch the ground lightly. 30 press-ups, then 6 more with the fingers turned inwards.



SIDE-BENDING: From a standing position, bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs, at the same time curling the opposite arm over the head. 30 times.



SQUAT JUMPS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time, then jump upwards, a foot or more off the ground, returning to standing position. 20 times.



DORSAL EXERCISE: Lie face down with hands on shoulders. Raise the trunk and legs off the ground, simultaneously. 22 times.



BURPEES: From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. 26 times.



SIT-UP: Lie on your back, hands clasped behind the neck, rise, without use of your arms, to a full sitting position. You may need to bend your knees. Touch alternately the left knee with the right elbow and the right knee with the left elbow and return to lying on the back. 36 times.



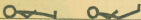
SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion, do a star stand from the crouch position, which means doing a slight jump, your arms going upwards and apart, your legs going wide astride. Ten paces and the star jump 7 times.

Healthy life—our Commando exercises

SEVENTH WEEK—WOMEN



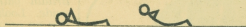
ARM-STRETCHING: Stand with feet wide astride and the hands bent across the chest at shoulder height, throw them back as far as possible. Hold that position and press back before returning to the original position. 16 times.



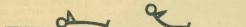
LEG-RAISING: Lie on the back and raise both legs together six inches off the ground and hold for a count of three. 10 times.



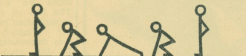
SIDE-BENDING: From a standing position, with feet slightly apart. Bend the body from the waist, left then right, with both hands reaching above head, 5 to left, 5 to right. 10 times.



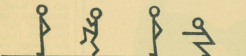
DORSAL EXERCISE: Lie face down, hands behind neck. Raise the trunk and legs off the ground simultaneously for a count of three seconds. 8 times.



SIT-UPS: Lie on your back with arms in neck rest position (behind the neck). Sit up to the vertical and return to lying down. 12 times.

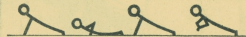


BURPEES: From standing, stoop to crouch position with hands on the floor. Then shoot legs backwards to press up position. Back to crouch position and then stand up. 14 times.

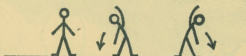


SPOT RUNNING: Run on the spot and keep count up to 10, using left leg as the marker as it touches the ground. At the end of 10 paces go into half squat raising arms horizontally. Stand up and repeat 7 times.

SEVENTH WEEK—MEN



PRESS-UPS: Lie on ground, face downwards. Place the palms of the hands underneath the shoulders. The arms are now bent and stretched allowing the chest to touch the ground lightly. 20, then 5 hand-clap press-ups (push upwards for front support position, clap hands and drop back to front support position).



SIDE-BENDING: From a standing position, bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs, at the same time curling the opposite arm over the head 34 times.



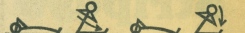
SQUAT JUMPS: From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time, then jump upwards, a foot or more off the ground, returning to standing position. 20 times.



DORSAL EXERCISE: Lie face down with hands on shoulders. Raise the trunk and legs off the ground, simultaneously. 25 times.



DOUBLE-JUMP BURPEES: Stoop to the crouch position with hands on the floor. Jump the legs backward to front support position, then jump the legs forward and backward twice, before returning to the crouch position. 20 times.



SIT-UP: Lie on your back, hands clasped behind the neck, rise, without use of your arms, to a full sitting position. You may need to bend your knees. Touch alternately the left knee with the right elbow and the right knee with the left elbow and return to lying on the back. 45 times.



SPOT RUNNING: Run on the spot for ten paces, counting as the left foot touches the ground. On completion, do a star stand from the crouch position, which means doing a slight jump, your arms going upwards and apart, your legs going wide astride. Ten paces and the star jump 8 times.

WE NOW come to the testing time: the more devoted keep-fit enthusiasts have been at our ten-week course for seven weeks and should be bursting with health and vigour—well, more or less. Our Royal Marine Commando sergeant-major isn't exactly looking over your shoulder, but his performance guide, given with each exercise this week, should tell you how well you are doing.

He suggests a two-minute rest between each exercise. And he points out to latecomers that they will still benefit from a modified number of exercises. We have, incidentally, had a great many requests for a collected form of the course. We shall have news of this shortly.

WEEK 8—WOMEN

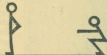


SIT-UPS: Lying down, with hands on the ground, sit up to where the hands can cover the knee caps and return. Do your personal maximum. Under 10, you have probably not been following the course seriously enough. 10-20, average. Over 20, above average.

Testing time in our Commando exercises to get you fit



BURPEES: Standing, move to crouch position, shoot legs to rear and the press up position, return to the crouch position and then stand up. Do your personal maximum. Under 10 in a minute, below average. 10-16, average. Over 16, above average.

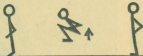


HALF-SQUATS: From standing position, bend knees and raise both hands vertically out in front parallel with the ground. Do your personal maximum, then check your rate. Under 10, below average. 10-16, average. Over 16, above average.

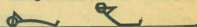
WEEK 8—MEN



PRESS-UPS: Press ups (lying on ground face downwards and stretching arms out straight to lift body up) to personal maximum. Under 9 in 30 seconds, below average—have you been keeping up the course assiduously? 10-15, average. Over 20, above average.



KNEE JUMPS: Jump from a standing position, the knees brought up together as high as possible. Under 10 in 30 seconds, below average. 10-15, average. Over 20, above average.



SIT-UPS: Lying down with hands clasped behind back, sit up to reach the knees with hands, then return. Do personal maximum. Under 15 in a minute, below average. 10-25, average. Over 30, above average.

X < 15 15-25 X > 30

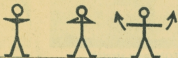


BURPEES: From standing, stoop to crouch position with hands on the floor. Shoot legs backwards to press-up position, back to crouch position, then stand up. Do personal maximum. Under 15 in a minute, below average. 15-25, average. Over 30, above average.

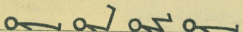
The healthy life

Our Commando exercises—if you haven't followed the course week by week, don't overdo it.

NINTH WEEK—WOMEN



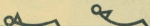
ARM STRETCHING: Stand with feet wide astride and the hands bent across the chest at shoulder height, throw them back as far as possible. Hold that position and press back before returning to the original position 25 times.



LEG-RAISING: Lying on the back, now lift both legs six inches off the floor, bend to bunched up position, stretch and lower. 10 times.



SIDE-BENDING: This time with hands clasped behind the neck. Feet 18 inches apart. Bend sideways. Hold downward position to count of 5 seconds and return to upright position. Left then right. 20 times.



DORSAL EXERCISE: Lie face down, hands behind neck. Raise the trunk and legs off the ground simultaneously. Hold position for slow count of 5. 8 times.



TRUNK-CIRCLING: Stand with the hands on the hips. Perform trunk circling leftwards and then to the right. Do not move the feet, which should be wide astride. 10 times.

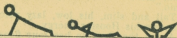


LEG-JUMPING: From the front support position. Jump alternate legs forward and backwards. 30 times.



SPOT-RUNNING: Using left leg as marker as it touches the ground, count up to 10, then go into half-squat raising arms horizontally. Stand up and repeat 8 times.

NINTH WEEK—MEN



PRESS-UPS: 22 press-ups from front support position, plus 8 more with hands turned inwards. 30 times.



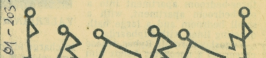
SIDE-BENDING: From standing with feet apart about 18 inches. Reach the arms above the head as far as possible. Bend to left then right, keeping the arms straight and moving the body in rhythm with the arms. 35 times.



SQUAT JUMPS: From the standing position bend the knees to semi-sitting, raising the arms horizontally, then jump upwards a foot or more off the ground, returning to standing. 25 times.



DORSAL EXERCISE: Lie face down with hands on shoulders. Raise the trunk and legs off the ground simultaneously. 28 times.



DOUBLE-JUMP BURPEES: Stoop to the crouch position with hands on the floor. Jump the legs backwards to front support position, then jump legs forwards and backwards twice before returning to the crouch position. 24 times.

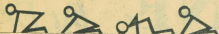


SIT-UPS AND LEG-RAISING: 30 sit-ups from lying on the back, hands behind neck, then add five leg raises. For the leg raises you keep the body on the ground and raise both legs about six inches off the floor. Hold this position for a count of five and lower.



SPOT-RUNNING: Spot running with 1 star jump at end of each sequence of ten paces, using the left leg as marker each time it touches the floor. 10 times.

TENTH WEEK—WOMEN



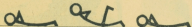
RHYTHM PRESS-UPS: Go into a kneeling position, bent forward so that the main weight of the body is taken by the arms. From this position stretch the body rhythmically forward so the chin touches the floor and return to sitting on the heels. Repeat 10 times.



SIT-UPS: This time lie on back with hands clasped behind the neck. Sit up and touch knee with the opposite elbow, 6 times each knee. Bend your knees if you like. 12 times.

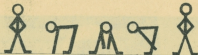


SIDE-BENDING: With arms raised above the head. Bend from side to side and hold for five seconds in side bend position. 10 bends each way. 20 times.



DORSAL EXERCISE: This time with hands clasped behind the neck, raise the upper trunk and alternate leg off the floor. 10 each leg. 20 times.

The final week of our Royal Marine Commando keep-fit course. Readers should now be sparklingly fit, and if you're not then you haven't been paying attention. Next Sunday we will be printing a



BENDING EXERCISE: Stand with the feet apart about 18 inches. Lower the trunk keeping the knees straight. With up and down motions touch the ground in front of the legs, between the feet and behind the feet. Return to standing up, feet astride position. 20 times.



LEG-JUMPING: Front support position. As for press-ups. Jump both legs forward and backwards together. 10 times.

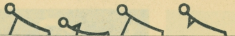


SPOT-RUNNING: Use left leg as marker as it touches the ground, do 10 paces, then go into crouch position with hands on the floor and shoot both legs backwards then forwards and return to standing position. 6 times.

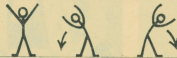
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maintenance routine and we will be able to give details of the wall-chart we are publishing, an easy-to-follow guide to health that will deserve a place on the wall of every bedroom in the land.

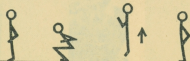
TENTH WEEK—MEN



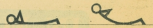
PRESS-UPS: 25 press-ups from front support position, plus 5 chest-slap press-ups in the manner of the hand-clap press-up. Instead of clapping, touch chest and return hands to floor. 40 times.



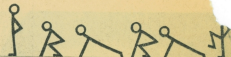
SIDE-BENDING: From standing with feet apart about 18 inches. Reach the arms above the head as far as possible. Bend to left then right, keeping the arms straight and moving the body in rhythm with the arms. 50 times.



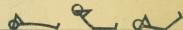
SQUAT JUMPS: From the standing position bend the knees to semi-sitting, raising the arms horizontally, then jump upwards a foot or more off the ground, returning to standing. 30 times.



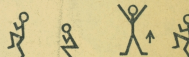
DORSAL EXERCISE: Lie face down with clasped behind neck. Raise the trunk and leg ground simultaneously. 30 times.



DOUBLE-JUMP BURPEES: Stoop to the crouch position with hands on the floor. Jump the legs backwards to front support position, then jump legs forwards and backwards twice before returning to the crouch position. 30 times.



SIT-UPS AND LEG-RAISING: 35 sit-ups from lying on the back, hands behind neck, then add five leg raises. For the leg raises you keep the body on the ground and raise both legs about six inches off the floor. Hold this position for a count of five and lower.

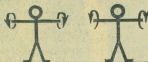


SPOT-RUNNING: Spot running with 1 star jump at end of each sequence of 10 paces, using the left leg as marker each time it touches the floor. 12 times.

LOOK!

IF YOU'VE FOLLOWED our Royal Marine Commando course over the last 10 weeks you should now be reasonably fit. Now you have put in the hard work, here is a simple method of maintaining your fitness. It should be carried out three times a week, with two sessions as the absolute minimum. Always precede each session by warming through the body first. Arm swinging

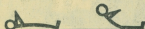
WOMEN



ARM CIRCLING: Stand with feet comfortably apart, circle the arms forward 10 times, backwards 10 times. Total 20.



TRUNK CIRCLING: Stand with feet comfortably apart with arms raised straight above head, circle arms and trunk in a 360 degree arc 10 times to the left and 10 times to the right. Total 20.



SIT-UPS: Lie on back with hands clasped behind neck. Sit up to the vertical position. 30 times.



SITTING TOE-TOUCHING: Sitting astride, touch each foot with both hands 10 times. Total 20.



STANDING STRAIGHT ARM-PRESSING (breast firmer): Hold out arms in front, palms facing. Press hands together with maximum effort for count of 5, keeping arms as straight as possible. Relax and repeat. 5 times.



STANDING TOE-TOUCHING: Feet comfortably apart, bend and attempt to touch each foot with both hands. Total 15.



ASTRIDE JUMPS: With your hands on your hips, jump the feet apart and together rhythmically. Total 20.

will do it. Any extra exercise you can manage, some kind of sport, even a good gardening session, will be a good and useful bonus.

Our experts in this enterprise are Captain Simon Cook and Sergeant Tony Toms of the Royal Marine Commando depot at Deal, Kent. At the moment they are drawing up a cunning exercise wall-chart which is intended to be a life-time companion. What we think is so very good about it is that at a glance the reader will be able to choose a course to achieve whatever level of fitness is considered appropriate. If you want to be a weekend footballer or merely to be able to walk upstairs without puffing, the wall-chart will demonstrate. Full details next Sunday.

MEN



PRESS-UPS: 20 press-ups from front support position, 5 hand-clap press-ups and 5 chest-slap press-ups. Total 30.



TRUNK CIRCLING: Stand with feet comfortably apart with arms raised straight above head, circle arms and trunk in a 360 degree arc 8 times to the left and 8 times to the right. Total 16.



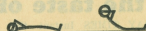
ASTRIDE JUMPS: With your hands on your hips, jump the feet apart and together rhythmically. This counts 1. Do 20.



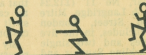
BACK STRETCHING: Stand with back to wall, 18in away, with feet apart. Stretch arms backwards and up to touch wall above head, then forwards and down. 10 times.



BURPEES: From standing, stoop to crouched position with hands on the floor. Shoot the legs backwards to the push-up position, return to the crouch position and stand up. This is 1 burpee, repeat 20 times.



SIT-UPS: Lie on back with hands clasped behind neck. Sit up to the vertical position. 30 times.



SPOT RUNNING: Run on the spot for 1 minute. Half-squat every 10 paces.