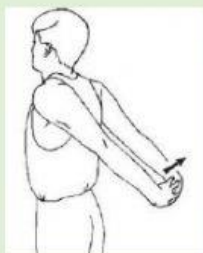
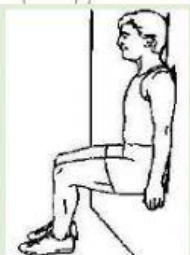


**Module:** Health – Exercise  
**Competency:** Reading CLB 3.2 Comprehending Instructions  
**Task:** Match the picture with the instructions.



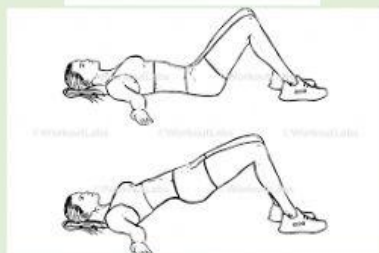
Bend over at the hips, touch your toes, but keep your back straight.



Bend your left leg and keep the other leg straight. Hold your hands in front of you.



Hold your hands behind your back and straighten your elbows.



Stand with your arms ahead of you and bend your knees.



Lie down on the floor and bend your knees. Raise your hips.



Put your back against the wall and bend your knees.