

LESSON 24

Sit down on the floor and straighten your legs.

床に座って、足を伸ばしてください。



I. VOCABULARY ボキャブラリー

Repeat after your teacher.

講師が言ったことをリピートしてください。

straighten
tough

lift up





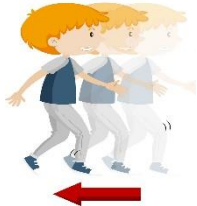


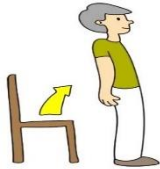
position
sets (exercise)

II. EXERCISE 演習

Identify the picture by choosing the correct words from the box.

イラストに合致する英単語を選択してください。

bend	move forward	straighten	move backward
go up	go down	sit down	stand up

 <p>A.</p>	 <p>B.</p>
 <p>C.</p>	 <p>D.</p>
 <p>E.</p>	 <p>F.</p>
 <p>H.</p>	 <p>I.</p>

III. Practice 応用演習

Complete the following sentences.

以下の文章を完成させてください。

Please move your arms ...



Please move your arms...



Please ...
chair.



from the



...the stairs

IV. Dialogue ダイアログ

Practice all the sentences with your teacher.

以下の文章を講師と練習してください。

Staff : Let's begin. First, sit down on the floor and **straighten** your legs.
Now, hold the back of your right knee with both hands and **lift** it up slowly.

Patient : I can't lift it up any further. It hurts.

Staff : All right. Straighten the knee slowly. Then lower it back to the first **position**.

Patient : Ok, It's **tough**.

Staff : Please do three **sets** of this exercise, 10 times per set, in the morning and at night.