

Physical exercises for men and women. Colour lithograph, 1972.

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KEEPING FIT-COMMANDO STYLE

GRADE 1 A loosening-up course to start

MEN AND WOMEN

LOOK!



1. HEAD-CIRCLING. Stand erect, feet comfortably apart, hands on hips. Pull chin in, circle head 10 times in one direction, then 10 times in other direction.



2. ARM-CIRCLING. Stand erect, feet apart. Circle both arms simultaneously like propellers 10 times, then 10 times in reverse direction.



3. TRUNK-TWISTING. Stand erect, feet apart, arms loosely by sides. Turn trunk and head to left and then to right. Repeat this whole movement, left and right, 10 times.



4. TOE-TOUCHING. Stand erect, feet apart. Bend down to touch toes, keeping legs straight if possible. Return to upright position, repeat 10 times.



5. KNEE-CLASPING. Stand erect, feet apart. Bend one knee upwards and pull it vigorously into your chest with both hands. Same with other knee and repeat 10 times with each knee.



6. ANKLE-ROTATING. Sit on floor with one leg straight. Bend other leg over the straight leg, hold the foot of the bent leg and turn ankle full circle. 10 times each ankle.

THE STUNNING FACT is that fewer than half the adults in this country can honestly claim to be fit. For most of us, modern life sitting at desks, standing at machines, watching television simply does not keep the human body in good running order. The question to ask yourself is this: My car needs an MOT certificate of roadworthiness, but does my body? Which is where these Royal Marine Commando exercises come in. They were originally devised as a ten-week course and were printed in the Look! Pages of The Sunday Times. Readers were quick to testify to the sense of well-being, the fuller enjoyment of life, that resulted from a short daily work-out—not necessarily the advanced stuff, even the simple stretching and bending. We were encouraged to produce this chart because it emerged from our readers' response that there was a need for a simple daily routine with a permanent place on the nation's bedroom doors. We aimed at three distinct levels of fitness: an understanding Grade One which is essentially to get you up and down stairs without all that huffing and puffing; a Grade Two which will at least make it possible for you to run for a bus without feeling that what you need instead is an ambulance; and a Grade Three which, for those who keep it up for any length of time, will certainly make possible a return to some kind of sport, whatever it was that kept you fit when you were young. This, indeed, is the healthy life and it is worth the effort to be able to rejoice in it again. It was expected well by a motorist who followed the Look! series. He had been a man used to no more exercise than getting into and out of his car. "Now," he wrote, "I have that glorious feeling of kicking over as efficiently as my engine."

You should exercise each day, preferably first thing in the morning; never less than an hour after eating. The number of repeats of each exercise is only a guide. You can do more or less, according to what level of fitness you are aiming for, or indeed to what you can manage. Stick to one grade if you like, or graduate from one to another. Remember that the more you demand of yourself, the greater the benefit.

Wait! based on series published in The Sunday Times from Tony Tass Television's course of Royal Marine Commando exercises. Devised by Captain Simon Cook and Sergeant Tony Tass.

Healthy body, healthy mind

For all but the dedicated, morning exercise is a bit of a bore, what if the slightest excuse presents itself? Our Royal Marine Commando advisers recognize this, but suggest that it helps if you know what the point of exercise is: exactly how it makes the body more efficient. The cardiac and respiratory systems are stimulated. As the nervous system is normally called on to fire or fight, the reflexive work helps. The sympathetic system is stimulated. This is the system usually concerned with the removal of waste products that easily build up in the sluggish body.

For those overweight it would seem a pity not to combine the exercises with a sensible diet. It takes a great deal of exercise to work off even a few calories; therefore, avoid the energy foods like bread, biscuits and sugar. It does seem that apart from using up energy that might otherwise turn to fat, exercise also stimulates the metabolism to burn up existing fat. But the greatest advantage of exercise for the overweight will certainly be seen in measurements, whenever the actual weight loss is achieved.

Perhaps the most beneficial side effect of all is the easing of mental tension that follows physical exertion. It has been understood from man's earliest times that a healthy body promotes a healthy mind, and it is not too much for any of us to hope that even from these simple words there may follow a perceptible relief from some of the stresses that attend our daily lives.

GRADE 2 Getting in trim the easy way

MEN This is for bodies now fit enough for stronger exercises. Warm up first with 30 seconds on each Grade 1 exercise.

WOMEN Devised to correct posture, flatten the tummy and reduce the waist. Done with a sensible eating programme these exercises should help to control weight. Warm up first with 30 seconds of each Grade 1 exercise.



1. HALF PUSH-UPS. Lie facing floor. With palms flat, push up till arms are straight, lower trunk remaining on floor. Return to lying flat and repeat 10 times.



2. SIDE-BENDING. Stand with feet comfortably apart, hands on hips. Bend body from waist, reaching down as far as you can, first on left side, then on right. 15 times each side.



3. SIT-UPS. Lie on back. Rise without use of arms to near-sitting position. Hands must touch knees. Return to lying. Repeat 15 times.



4. SITTING TOE-TOUCHING. Sit with legs straight and apart, stretch right hand to touch left toe, then left hand to right toe. Repeat whole movement 10 times rhythmically.



5. LEG-RAISING. Lie on back and raise each leg alternately to the vertical. 20 times each leg.



6. SPOT RUNNING. Run on spot counting as right foot touches floor 40 paces.

GRADE 3 Bursting with health, way ahead of the field

MEN Once you have attained this level without too much discomfort you can say you are giving your body a thorough servicing. Warm up first with 30 seconds of each Grade 1 exercise.



1. PUSH-UPS. Lie facing floor. With palms flat, push up till arms are straight and body is straight, supported on hands and toes. This time, do not return to lying flat—just allow the chest to touch floor lightly. Do as many as you can up to 20.



2. SIT-UPS. Lie on back, hands clasped behind neck. Sit up to vertical position, bending knees if necessary. 30 times.



3. DORSAL SWING. Stand with feet wide apart, hands by your sides, with back 12 inches away from wall. Touch wall between legs, then swing up to touch wall above head. 20 times.



4. LEG-RAISING. Lie on back. Raise both legs to the vertical, then lower them slowly to floor. 15 times.



5. SKIP JUMPS. Stand with feet together, hands by sides. Spring up and down off the balls of your feet. 30 times. Repeat 30 times more, skipping with one foot forwards, other backwards, alternately.



6. BURPEES. From standing, crouch with hands on floor, then shoot legs backwards to the push-up position. Return to crouch and then stand up. This is one burpee. Repeat 15 times.

WOMEN This should be attempted after six weeks of Grade 2. Warm up first with 30 seconds of each Grade 1 exercise.



1. FREE-STANDING SWIM. Stand with feet comfortably apart and swim the crawl, breaststroke and back stroke. 20 of each.



2. TRUNK-ROTATING. Stand with feet comfortably apart, arms stretched up above head. Make a circle with arms and trunk, brushing floor with hands in front at lowest point of movement. 10 times to left, 10 times to right.



3. SIT-UPS. Lie on back, rise without use of arms to near-sitting position. Hands must touch knees. Return to lying. 20 times.



4. LEG-RAISING. Lie on back. Raise both legs to the vertical, then lower them slowly (to count of 10) to floor. 10 times.



5. SKIP JUMPS. Stand with feet together, hands by sides. Spring up and down off the balls of your feet. 30 times. Repeat 30 times more, skipping with one foot forwards, other backwards, alternately.



6. SPOT RUNNING. Run on spot counting as right foot touches floor 40 paces.

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