

Dedicated to Bringing Super Health, Happiness & Love to the World

These exercises use all 640 muscles and were designed by Paul C. Bragg and his daughter, Patricia.

Walking and Light Jogging is Healthy Heart Exercise

Walk 100 yards, then jog 100 yards, etc., and keep alternating for the first few days. Then increase the jogging to 200 yards, and soon you can jog a block/walk a block, without becoming breathless. Before you know it, you're on your way to increased fitness. If you can't 'light jog', then fast walk with deep breathing and swinging arms.

Bragg Deep Breathing Exercises For Super Energy

- Super
Power
Breath
15, 20, &
30 Counts
- Sequence: (Always bend knees slightly when bending down)
1. From standing position, arms outstretched overhead, bend at waist towards ground while exhaling through mouth with vigor
 2. Inhale deeply to full capacity while straightening up to original standing position.
 3. Hold breath and assume position:
 - (a) Bend forward, knees bent, drop head as low as possible.
 - (b) Bend back slightly with hands on hips.
 - (c) Bring feet together, clasp hands overhead, palms outstretched upward, and bend from side to side.
 - (d) Close nostrils with thumb and forefinger, keeping mouth closed. Try to breathe out, feel pressure in the ears, drop the head below the knees for the prescribed number of counts, then exhale.
 4. End each sequence with 3 or 4 cleansing breaths (deep exhaling & inhaling through mouth, vigorously).
- Super
Kidney
Breath
15, 20, &
30 Counts
- Super
Liver
Breath
15, 20, &
30 Counts
- Super
Heart
Breath
15, 20, &
30 Counts

Standing Exercises - 20 Counts

Take deep, in and out cleansing breaths between each set of exercises

1. Rag Doll: Twist body at waist, look back both ways
2. Toe Touch: Pump down gradually, legs, knees relaxed
3. Knee to Chest: Alternately lift left knee to chest (toes point down), then lift right knee to chest
4. Arm Swings: Arms forward and whip arms back
5. Arm Swings: Arms swing across body, up on toes, then swing arms back
6. Arm Swings: Arms swing backward and whip
7. Elbow Swings: Arms extended to front, elbows pull into sides, back and forth. When extending arms, go up on toes
8. Shoulder Rolls: Roll shoulders to front, then shrug to ears, roll back, and reverse
9. Downward Stretches: Hands touch ground front and then sides, alternately, with knees relaxed
10. Hit Gong: Clasp hands over head, stretch up, bend forward, hitting gong between bent legs
11. Propeller and Discus: Bend arm forward, fling arms back, then throw discus
12. Hands on Hips: Bend front, side, back, side, 10 pumps each way

13. Bragg Follies: Arms outstretched, toe kick to palms and alternate
14. Rag Doll: Same as #1 except keep head & eyes front
15. Leg & Thigh Exercises: (Class holds hands, forms circle)
 - A. Knee lift up to chest, extend leg out 4 counts, left leg, then right leg
 - B. Leg lift to the front: Leg straight 4 counts alternately left, then right
 - C. Toe raise: Up on toes, then rock back on heels
 - D. Leg lifts to the rear: Right leg straight, then left 4 counts alternately

Sitting Exercises - 20 Counts

1. Ankle Stretches: Front, back, in, out
2. Leg Lifts: Leg straight - alternate
3. Touch Beyond Toes: Forehead toward knees
4. Leg Straddles: Wide apart and back to position
5. Alternate Toe Touches: Legs wide apart, hand to toes
6. Heel to Buttocks: Alternate
7. Sit Erect: Head roll -Alternate direction - start left then right
8. Bridge: Keep legs straight - lift pelvis up by pushing up with hands
9. Sit Erect: Chin to chest, then tilt head back, stretch jaw up
10. Head Tilt: Sit erect - Tilt head side to side not moving shoulders
11. Both Heels to Buttocks: Knees together, then roll hips side to side
12. Knees to Chest, then extend feet out front - then left and then right
13. Eye exercises: Sit erect - with your eyes, follow your thumb in circles and in & out - this is great for eyes, for more info, read Bragg Eye Book

Lying Down Exercises - 20 Counts

1. Vertical Leg Raises: Raise legs, then hold legs out, heels just off ground
2. Head Just Off Ground: Chin to chest & back to position
3. Horizontal Leg Scissors: Hold heels just off ground as exercise 1
4. Head Just Off Ground: Move head from side to side
5. Low Fan: Move legs side to side in low arc, roll hips
6. Heels to bottom: Raise legs alternately, keeping opposite heels on ground
7. Heels to bottom II: Support on toes & shoulders, arch back, hold 30
8. Raise Legs Vertically: Legs raised, cross to opposite side, alternate
9. Knee to Chest Alternate: Both knees to chest, extending feet
10. Right Side: Leg raise, knee to chest, arm & leg swings
11. High Fan: Raise legs vertically, move side to side
12. Left Side: Leg raise, knee to chest alternate, arm & leg swings
13. Cycle: On back, feet a foot off the ground
14. On Stomach: Raise legs, extend hands out, clap 60 counts
15. Cobra: On stomach, push up at shoulders, leave waist & legs on ground
16. Body Stretch: Right hand forward, stretch left leg back, alternate
17. Hands & Feet: Move right hand down to left foot, then alternate hand and foot movements
18. On Knees & Hands, Dipsy Do: Inverted "V" position, bottom up, then drop belly down to ground, then back up to V

Return To Standing

1. Wide Stance: Bend knee out over toes, then alternate to other knee
2. Feet at 45 degree angle: Wide apart, rock from side to side
3. Squats: To whatever degree feels comfortable to you
4. Hand Stretched to the Sky: Say, "I did it again!!! I exercised again today for Health, Strength, Youth and Vitality."

With blessings for health, fitness, peace, joy and love,