



English 9

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- Figure 1 consists of six diagrams arranged in a 2x3 grid, labeled (a) through (f). The top row shows the starting postures for three exercises: (a) Squat, (b) Lunge, and (c) Split Squat. The bottom row shows the corresponding ending postures for each exercise. Each diagram is a black silhouette of a human figure against a white background. In the starting postures (a, b, c), the figures are in a crouched position with their feet flat on the ground and their hands on their thighs. In the ending postures (d, e, f), the figures are in a standing position with their feet flat on the ground and their hands on their hips.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



- 1 Are there days when you feel like a mountain?
- 2 Are there days when you do not feel strong and stable?
- 3 Could the mountain pose help you and when could it help you?

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