



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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