WR227 In-Class Exercise
Following Instructions #1

Give your exercise partner the following instructions. Do not read out the next instruction until your partner has fully completed the current one. Read slowly and carefully.

1. Push your chair back.
2. Stand up.
3. Carefully walk to the front of the room.
4. Select a whiteboard marker from among the available colors, probably red, green, blue, or black.
5. If you selected a red marker, exchange it for a different, darker color.
6. Position yourself approximately 18” in front of the whiteboard, being sure that you are standing where there is no other writing on the board.
7. Remove the cap of the marker.
8. On the whiteboard, starting at a height about 48” from the floor, draw a vertical line upward, making it approximately 12” long.
9. Three inches to the left of the line you just drew, draw an equally long line parallel to it, with its ends even with the ends of the first line.
10. Two inches to the right of the first line you drew, draw an equally long line parallel to it, with its ends even with the ends of the two other lines.
11. Draw a fourth line that connects the midpoint of the left-hand line with the midpoint of the center line.
12. Cap the marker and replace it in the whiteboard tray.
13. Return to your seat accompanied by the sound of sympathetic applause from your classmates.
Give your exercise partner the following instruction:

“Perform a plantar flexion.” (pronounced plan-tar fleck-shun)