

## EXERCISE FOR FIGHTING SPIRIT

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### What It Will Do for You

This exercise hurts and works on a part of your spine which is never massaged and where you don't like to be hurt. Moses instructed the Jews to do this exercise before long journeys to raise their spirit, correct their slave mentality, and give them the will to fight and not give in.

### How to Do It

In a standing position, spread the legs as wide apart as possible without losing your balance. Your arms form a 90° bend at the elbows, with the forearms more or less parallel to the floor and extending away from the chest in a relaxed position.

Rotate the hips in a plane parallel to the ground at a moderate pace in as complete and large a circle as possible. The direction can be either to the left or to the right.

