The musical aptitude exam

**After warm up:**

<table>
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<th>Exercise Description</th>
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| 1 | Jumping jacks with different arms work  
   Starting position: basic stand  
   Jump into straddle position with arms swing into side position  
   Jump into straddle position with arms high position  
   Jump into straddle position with arms front raises |
| 2 | Starting position:  
   Straddle stand left leg front right left back, jump 2 times and change.  
   Swing arm front or back, and swing arms sideward  
   Make a quarter turn to the left, and repeat count 1-3 |
| 3 | Starting position:  
   Kneeling support  
   Lift up your left arm and right leg and hold it. Change! |
| 4 | Starting position:  
   Plank, hold it 30 seconds. |
| 5 | Starting position:  
   After taking a few steps (run) in place (jogging)  
   Running in place  
   Lifting the knees high up 4 steps  
   4 steps with a corner lift |
| 6 | Starting position:  
   Basic stand  
   Jump forward on two legs twice  
   Jump backward on two legs twice  
   Jump leftward on two legs twice  
   Jump rightward on two legs twice |
| 7 | Starting position:  
   Jump up from left foot to right foot and continuing 10 times |
| 8 | Indian skipping with alternate leg and arm swings 5 times  
   Indian skipping with double arm swings 5 times |
| 9 | Starting position:  
   After taking a few steps (run) in place (jogging)  
   Running in place  
   Lifting the knees high up 4 steps  
   4 steps with a corner lift |
| 10 | Matthias-test:  
   Starting position, basic stand, straight back, shoulders down, scapula down, had straight, forward looking. Lift up your hands straight forward, and hold it 30 sec. |