

Can you follow these instructions?

The following statements suggest simple and common activities. Read the instructions and decipher what the activity is.

1. Through the process of exhalation, making a combination of oxygen, nitrogen, and carbon dioxide pass through the oral cavity, contracting both labia oris, which have an outer mucosa with a stratified epithelial surface.

2. Using your orbicularis oculi muscle, make your oculus dexter be posterior to your palpebra.

3. Flexing the portion of your trunk between the ribs and the pelvis, point to your left hallux with the digitus minimus of your dominant manus.

4. Flex your two articulationes genues repeatedly while keeping both upper extremities extended laterally.

EASY

WHAT?

SIMPLE