

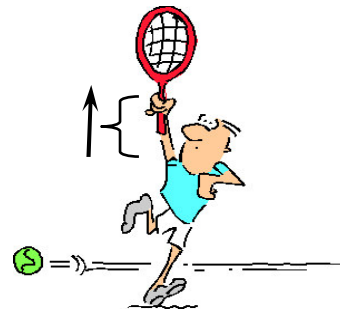
sit down



stand up



bend over



raise your (right/left) hand



open/close your mouth



stand on one foot



spread your arms