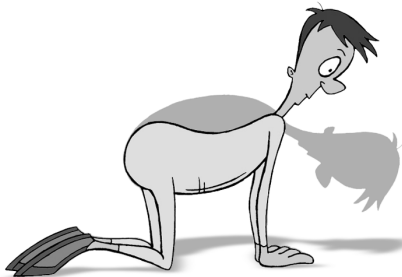
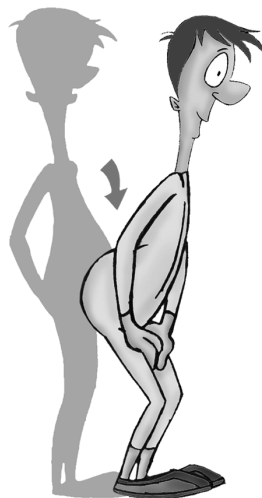


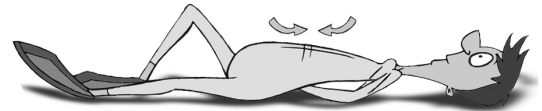
Strengthening



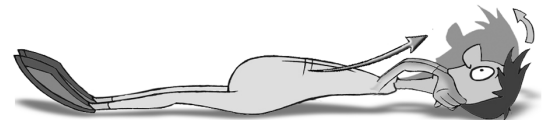
Pose 1



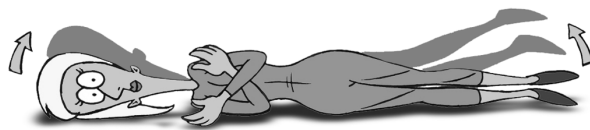
Pose 2



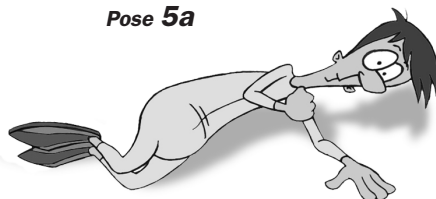
Pose 3



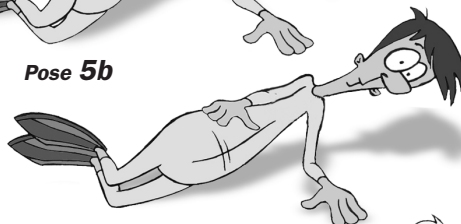
Pose 4



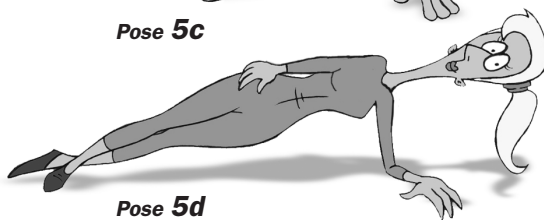
Pose 5a



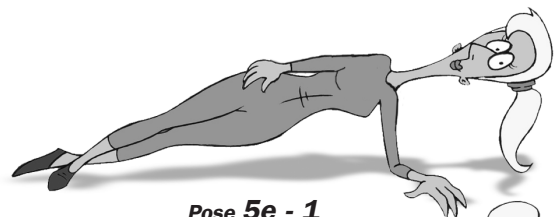
Pose 5b



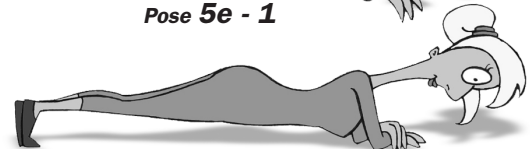
Pose 5c



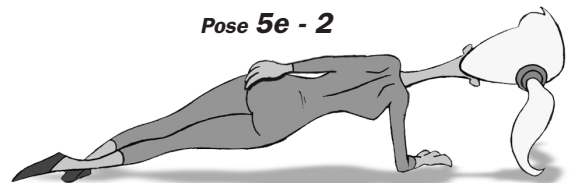
Pose 5d



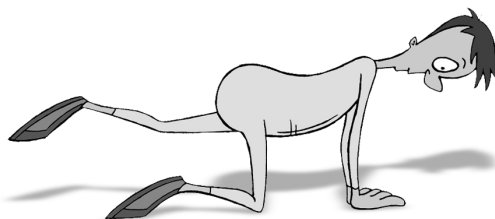
Pose 5e - 1



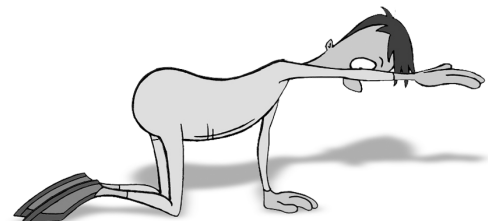
Pose 5e - 2



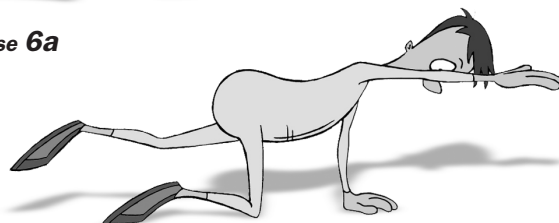
Pose 5e - 3



Pose 6a



Pose 6b



Pose 6c

Use only following video instruction.
 Breathe normally; hold each repetition to the count of 7;
 work up to 5 repetitions; strengthen
 each side where appropriate.