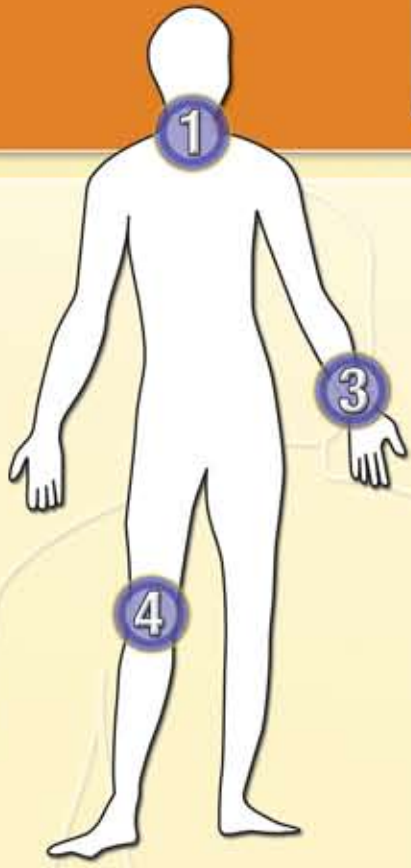
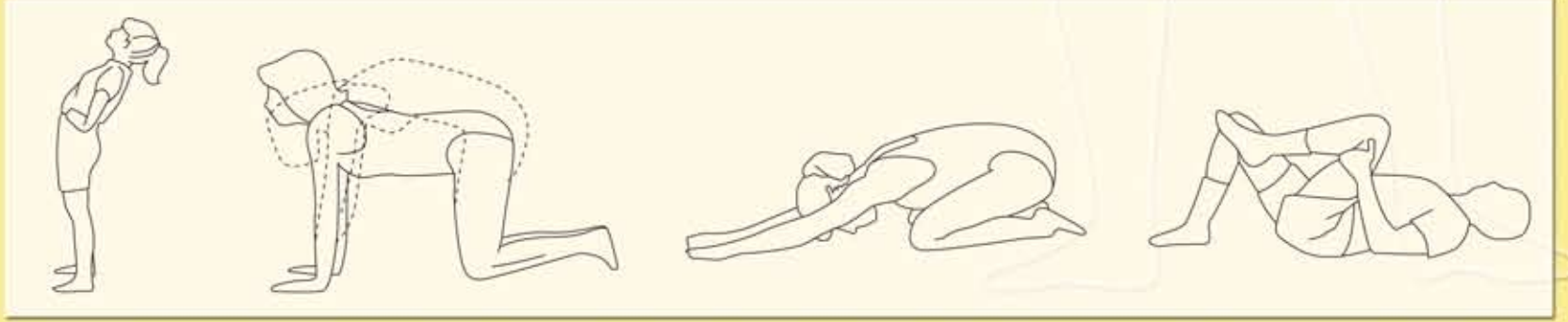
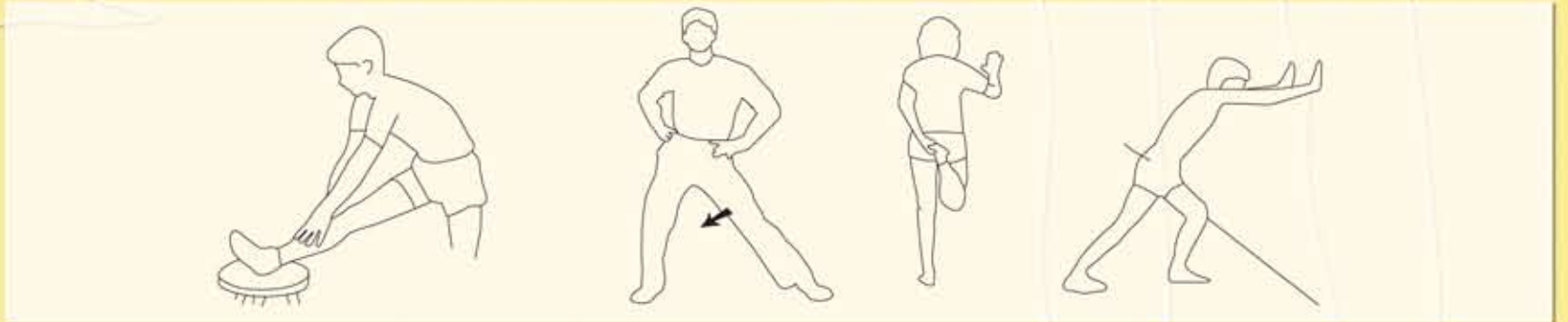
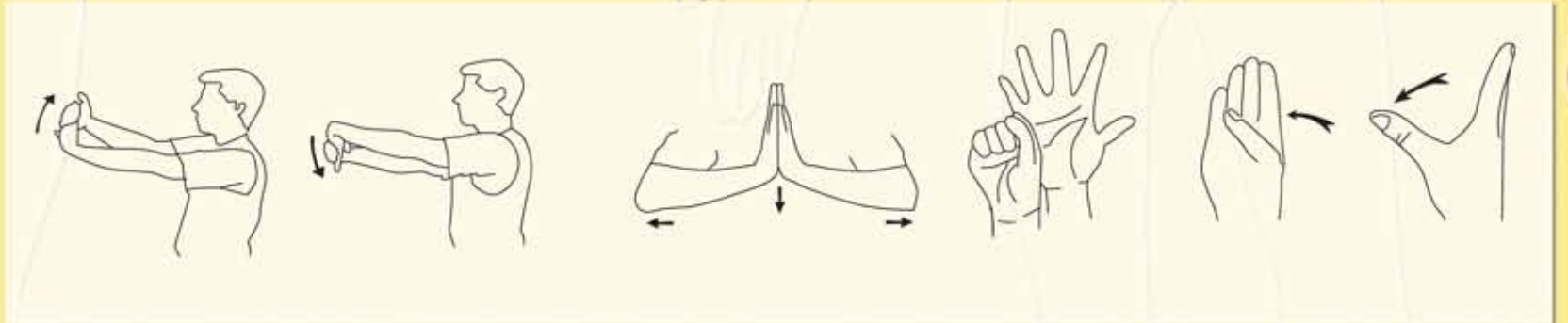
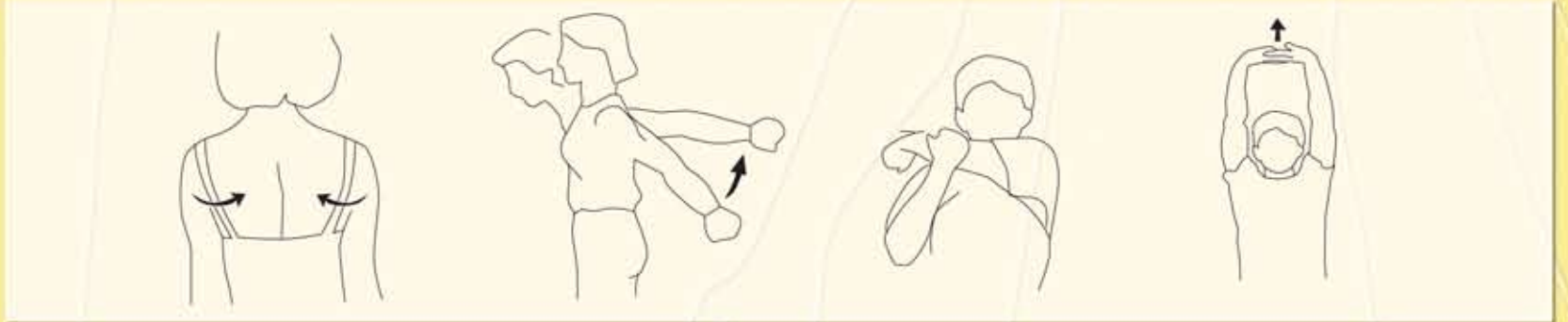
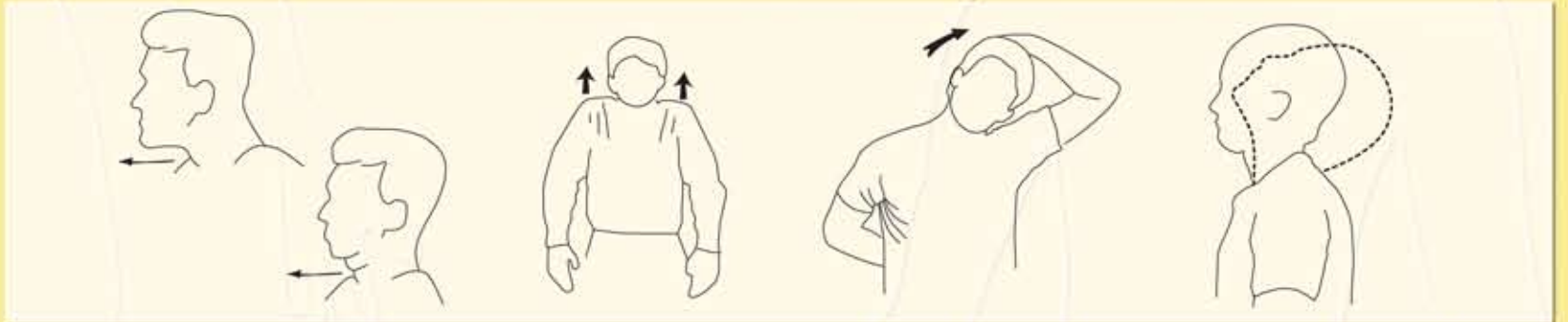
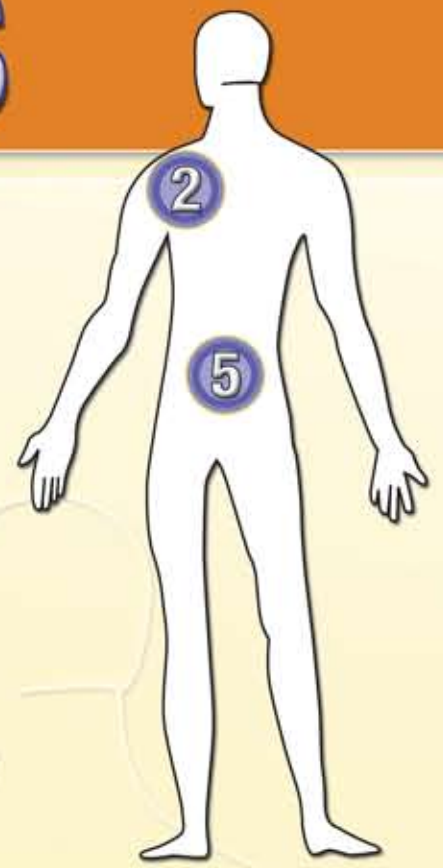


EXERCISE RULES



- Do Often
- No Pain
- No Bouncing
- Hold for 5 to 15 seconds
- Breathe



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