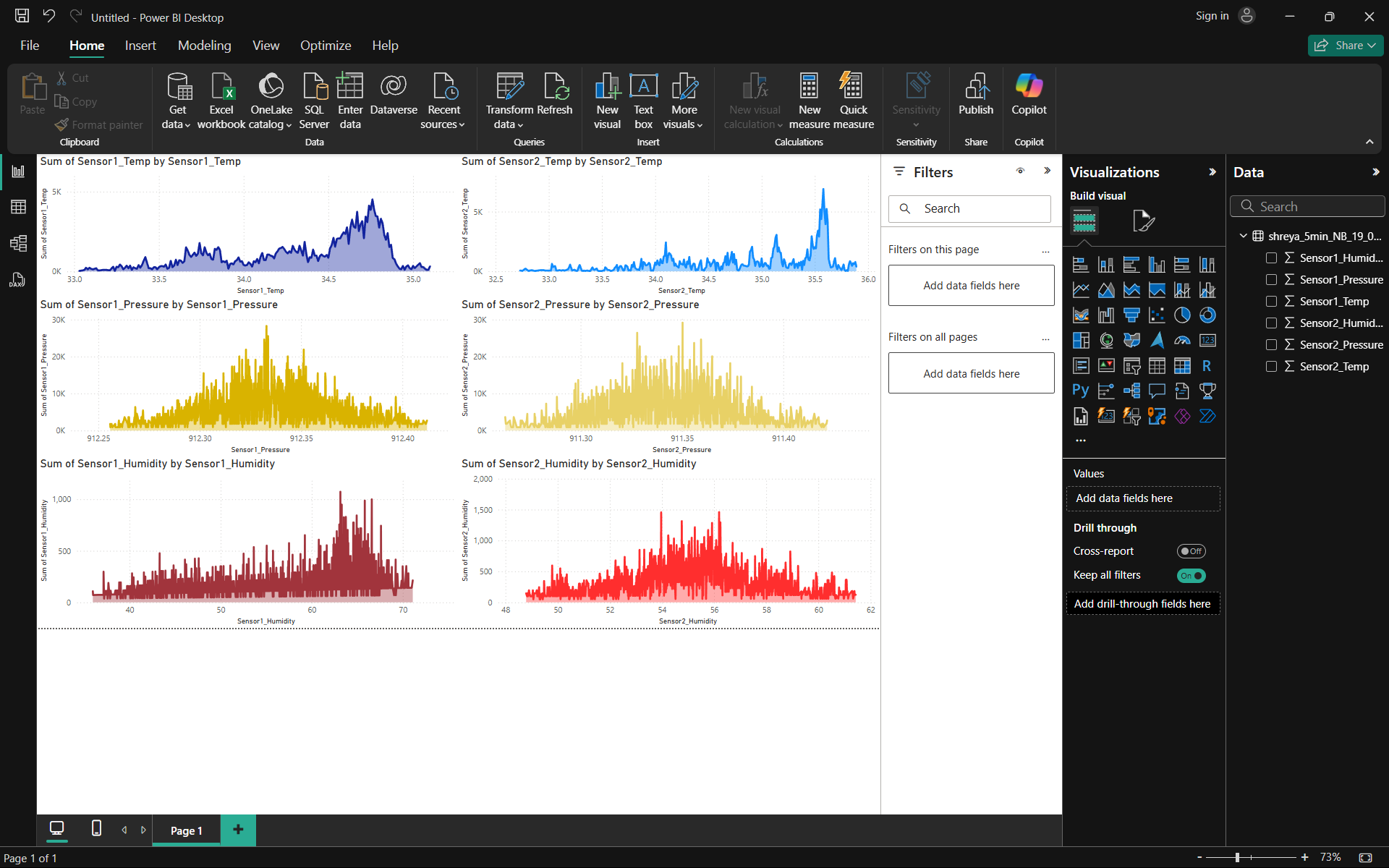
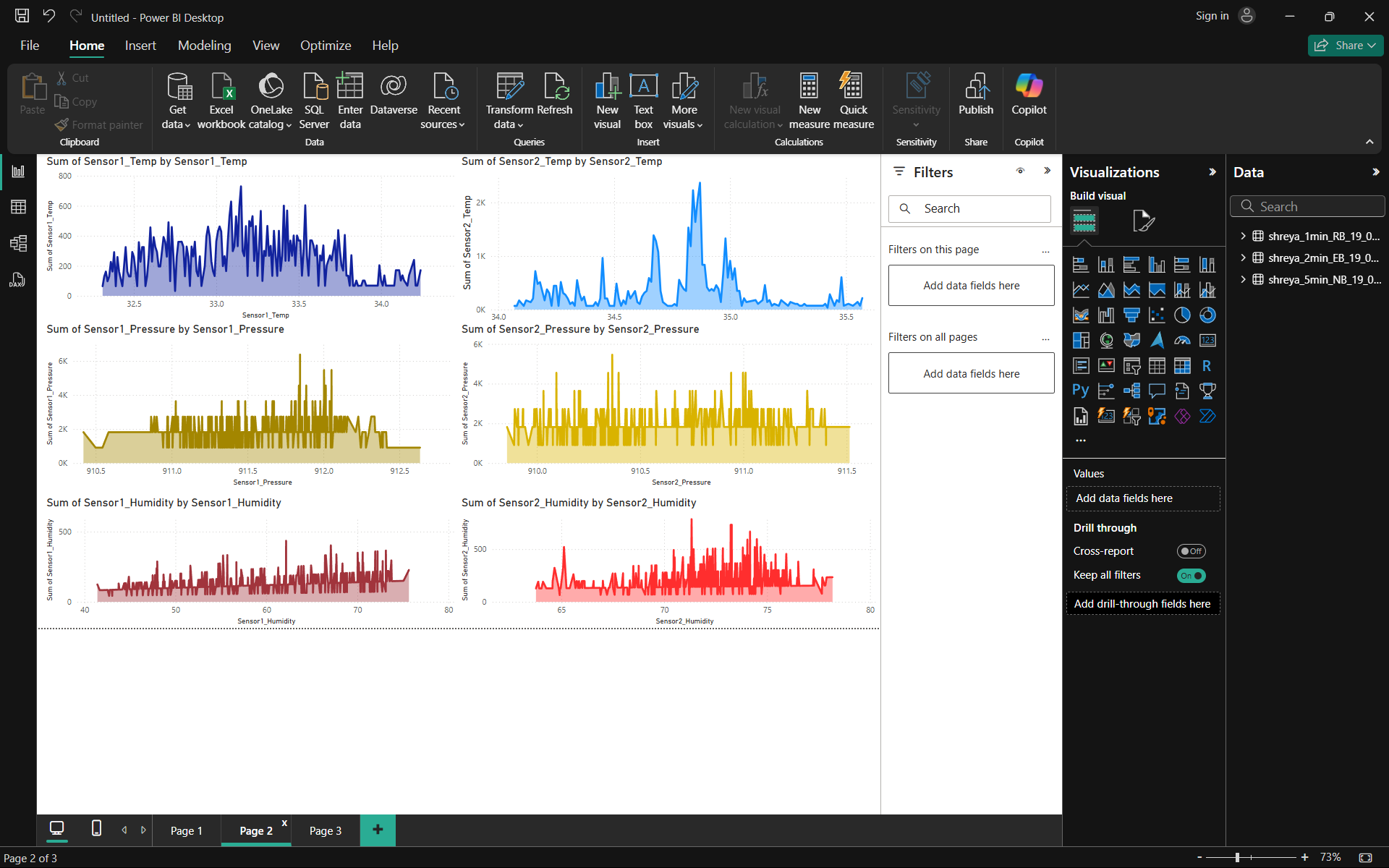
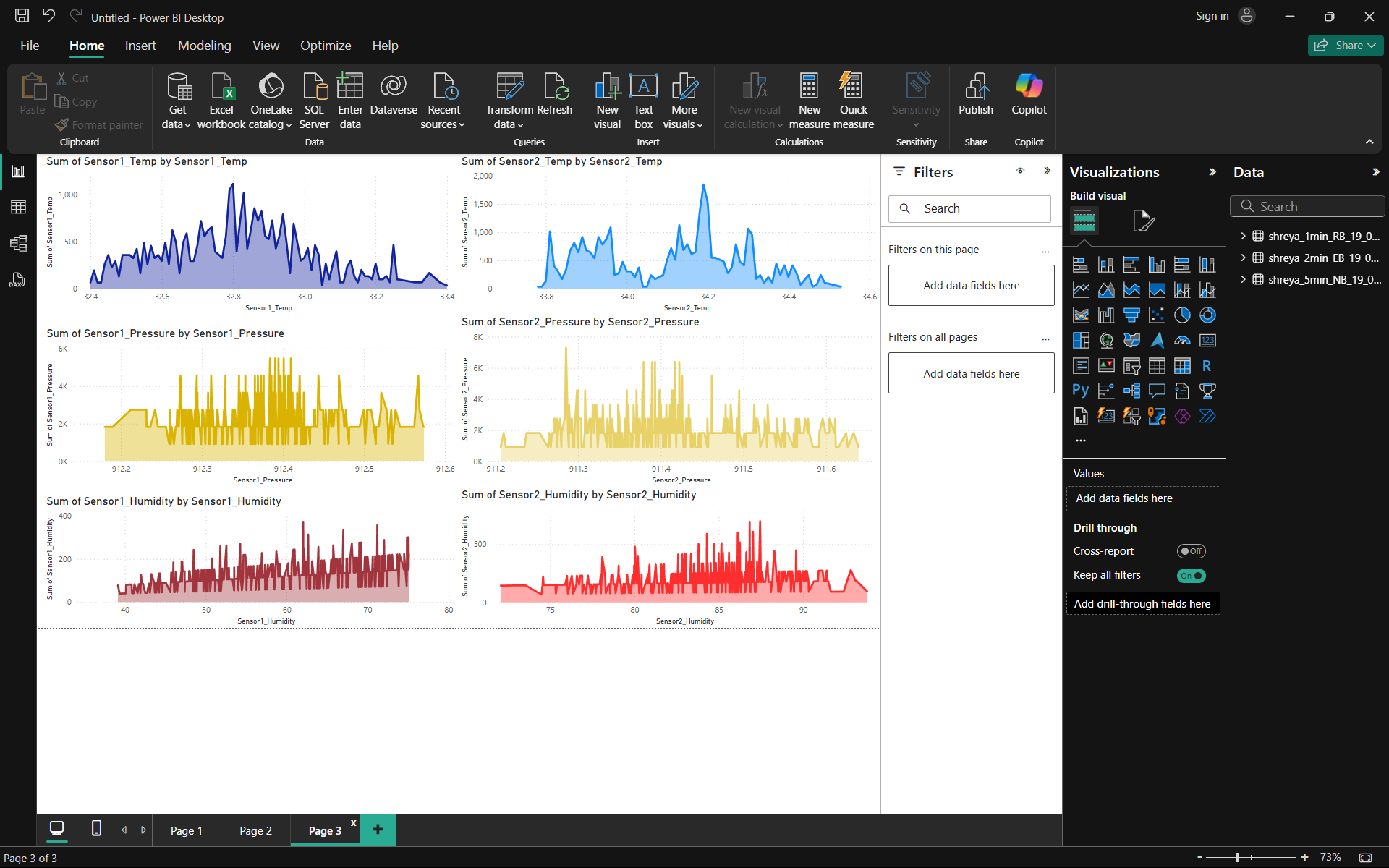
**Normal breathing**

**Endurance Breathing**

**Recovery Breathing**