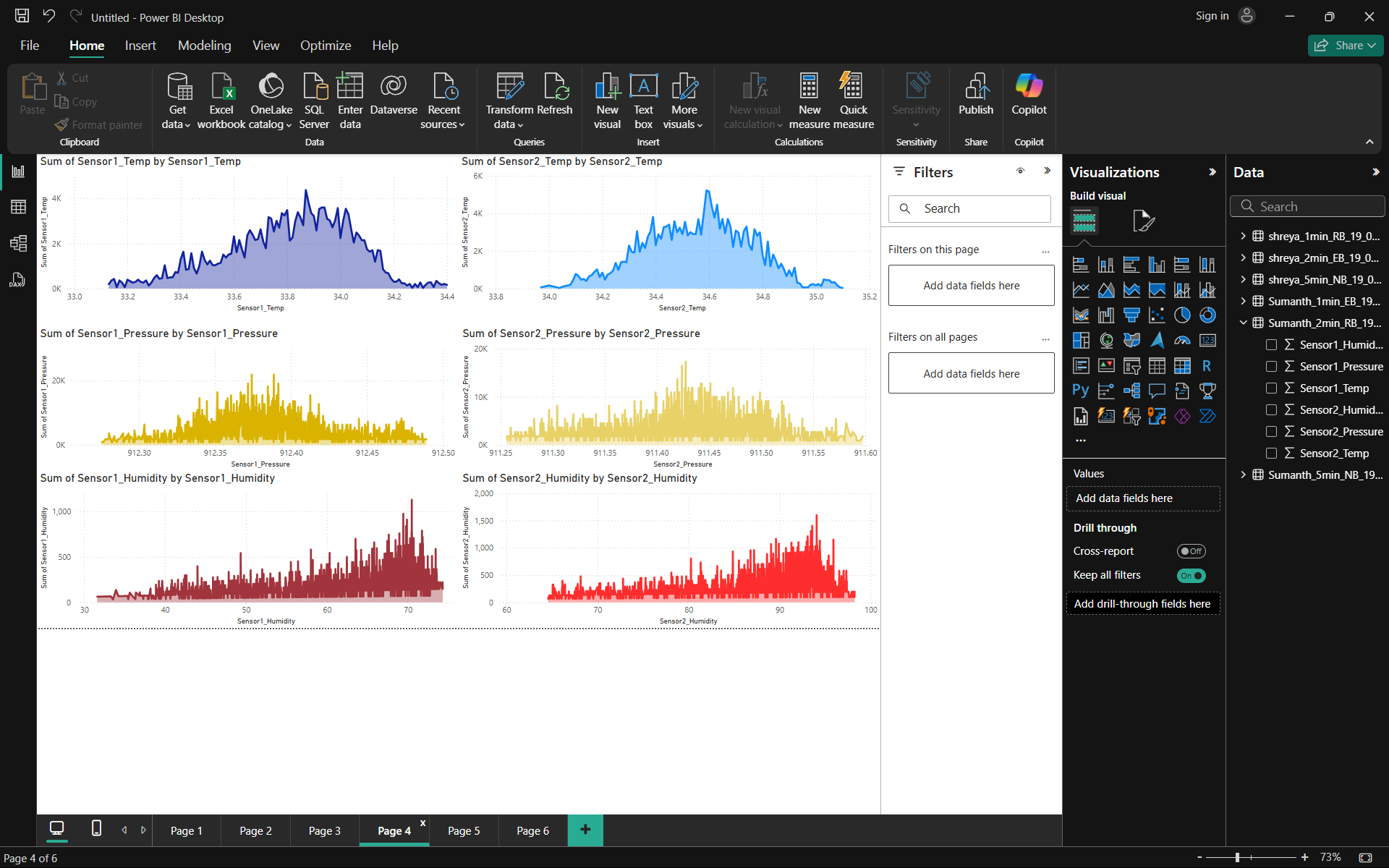
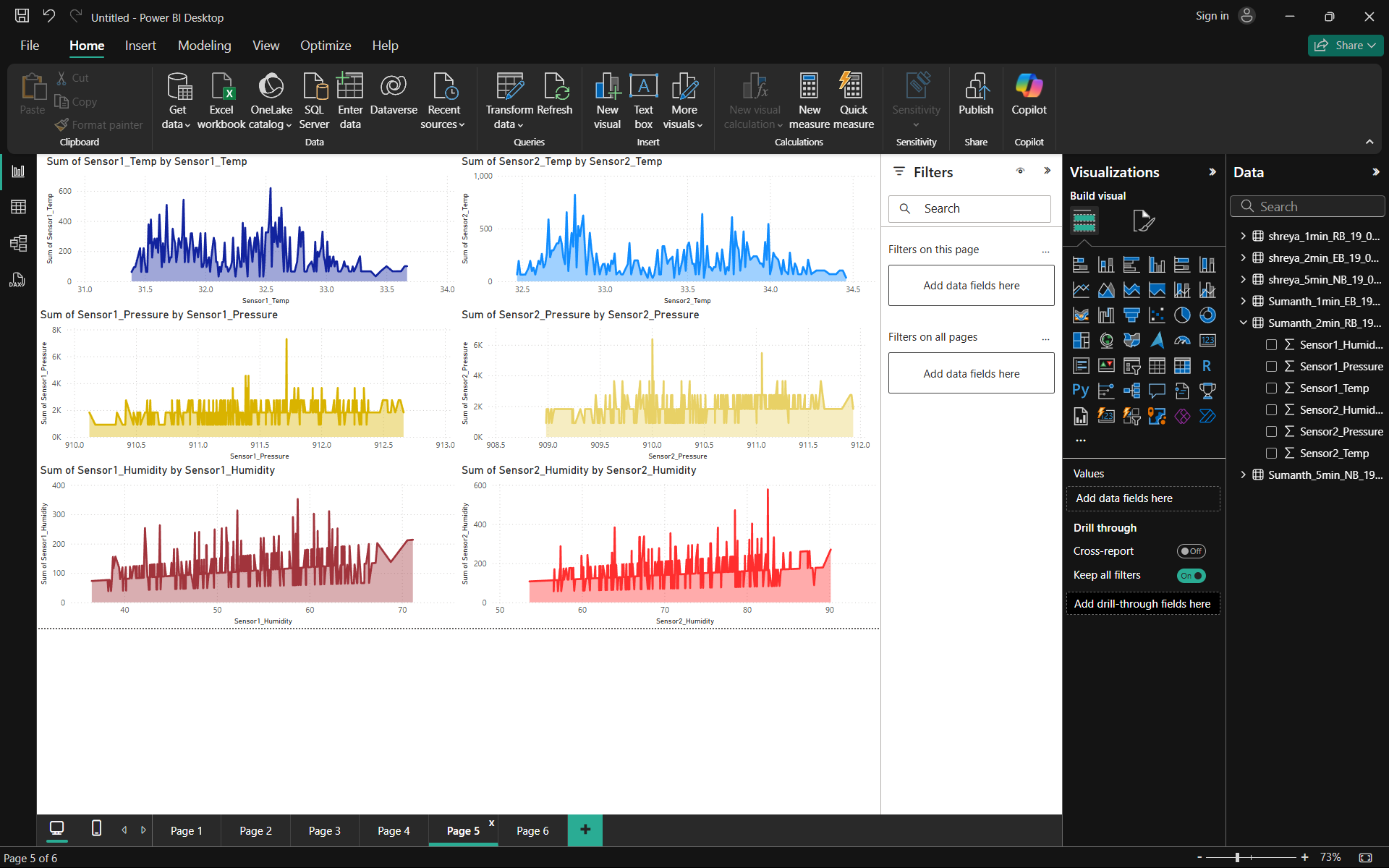
**Normal breathing**



**Endurance breathing**



**Recovery breathing**

