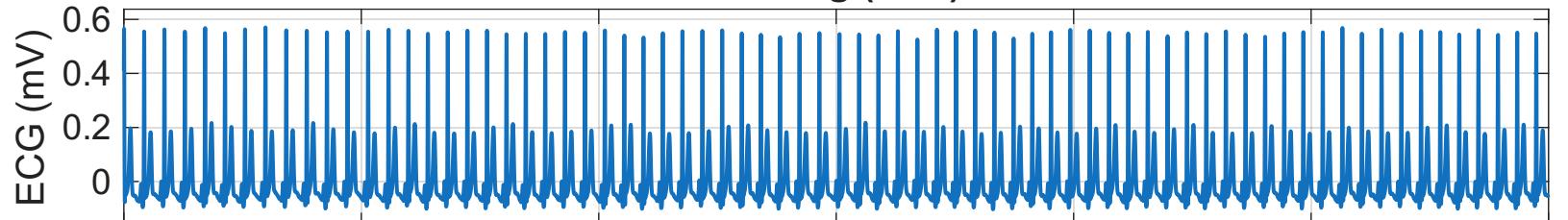
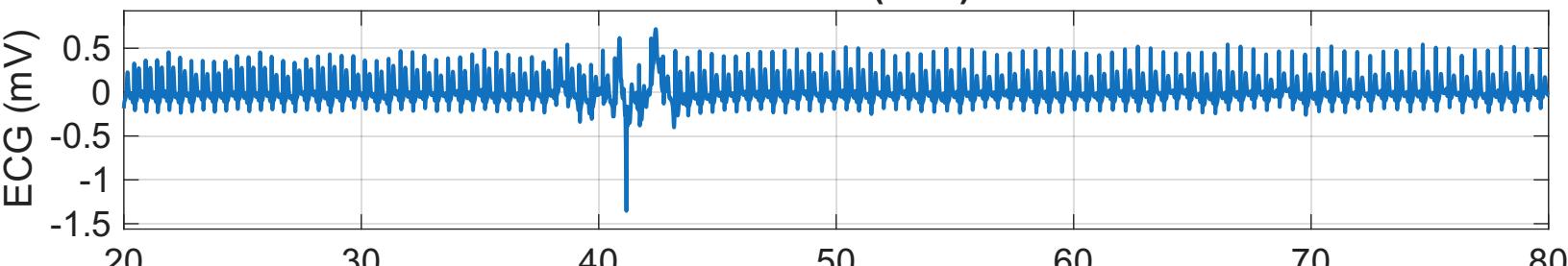


Resting (60 s)



Exercise (60 s)



Box Breathing (60 s)

