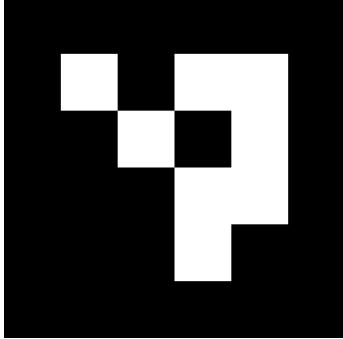
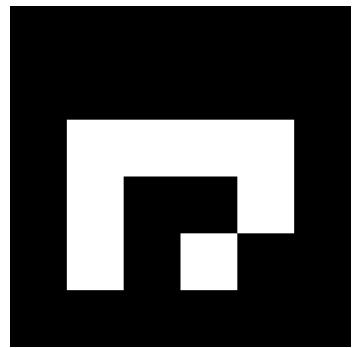


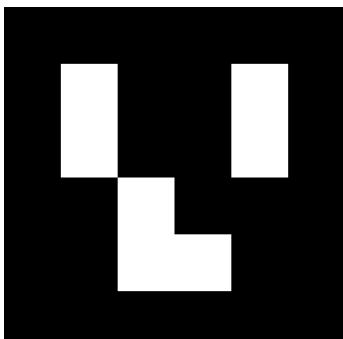
fit to page). Hold the sheet in the same plane as your body.



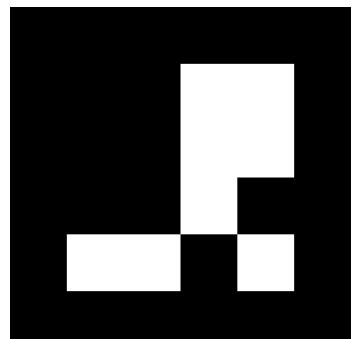
ID 0



ID 1



ID 3



ID 2