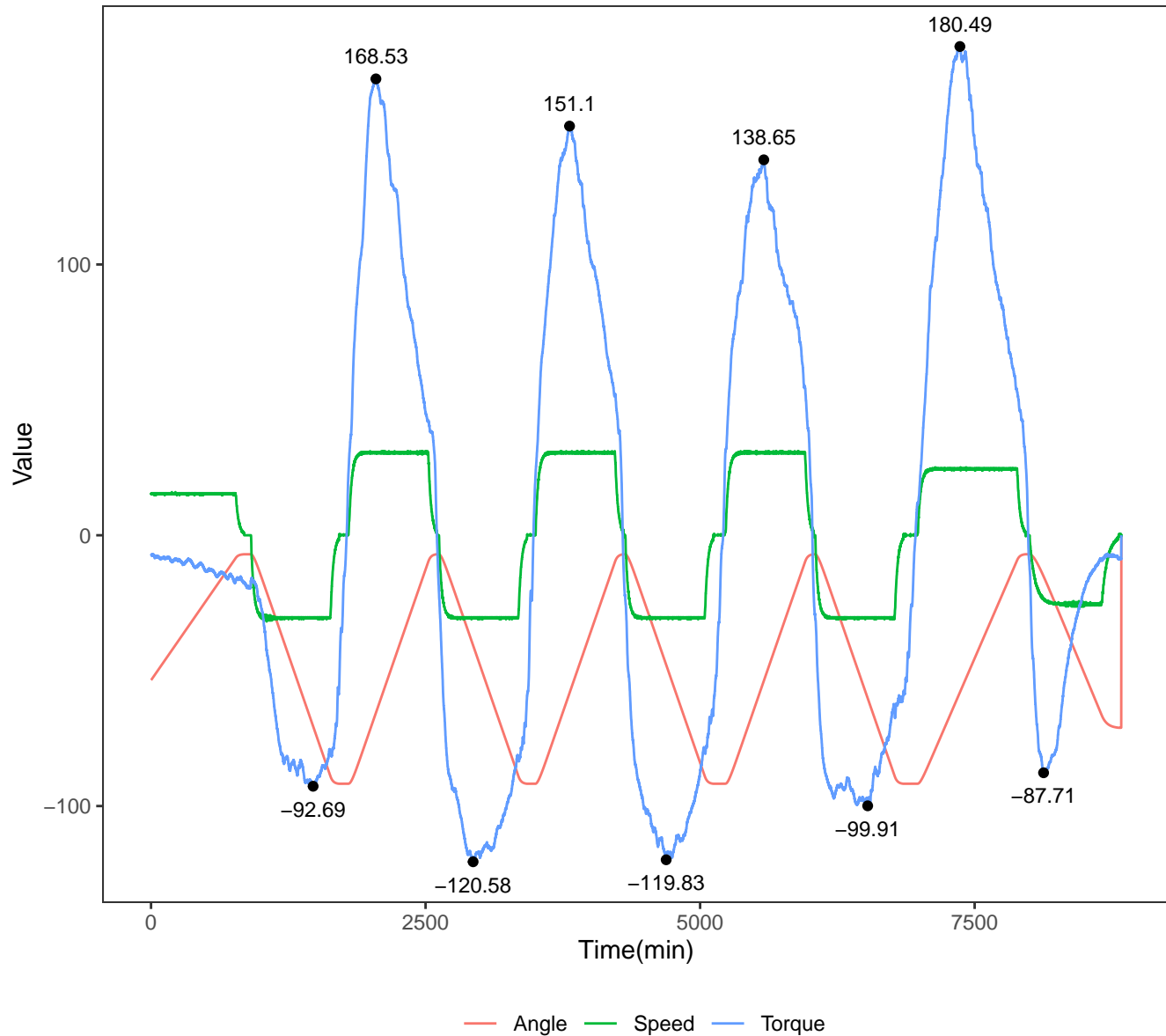


File:

Exercise: Before

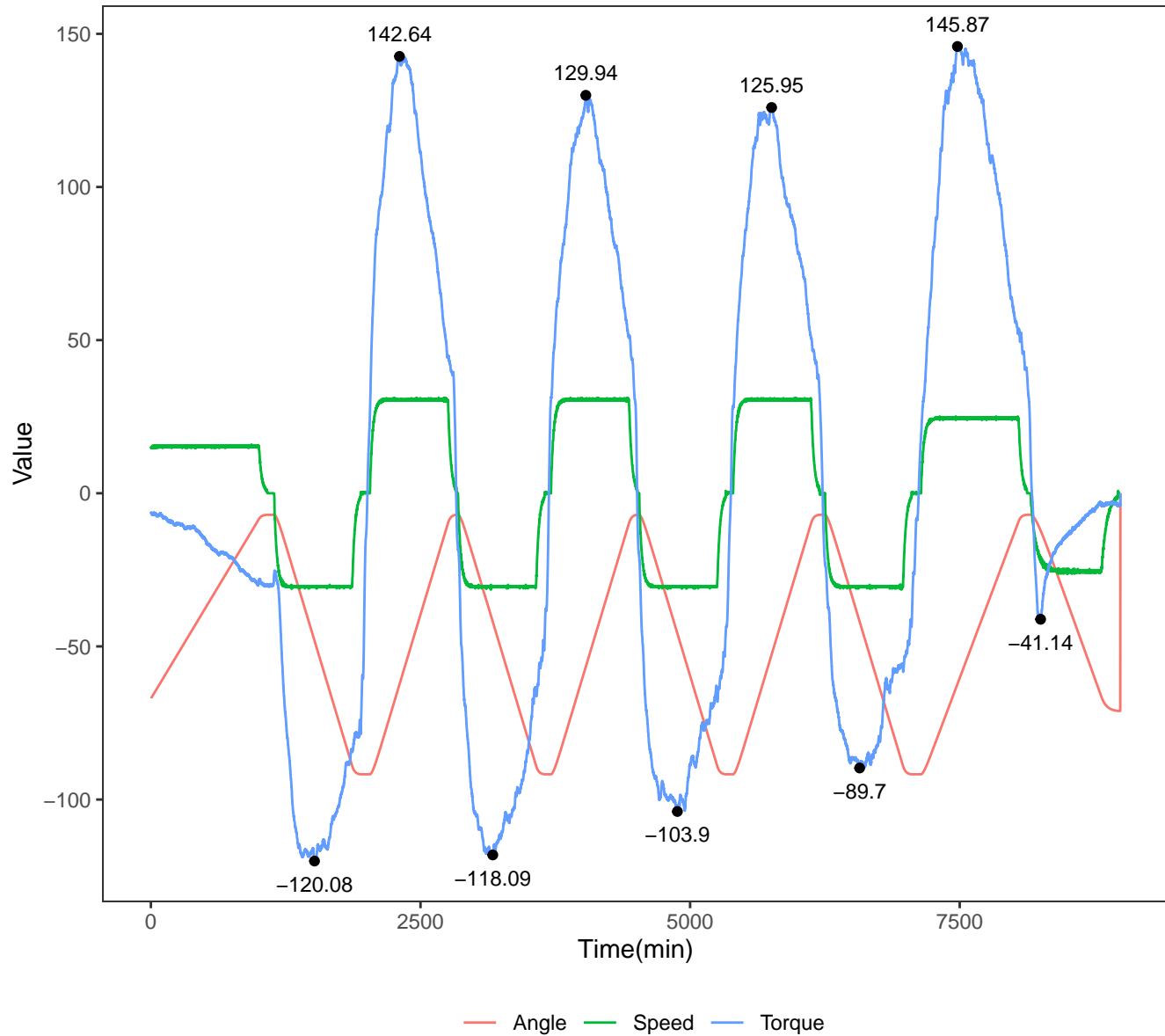
Speed: 30



File:

Exercise: Before

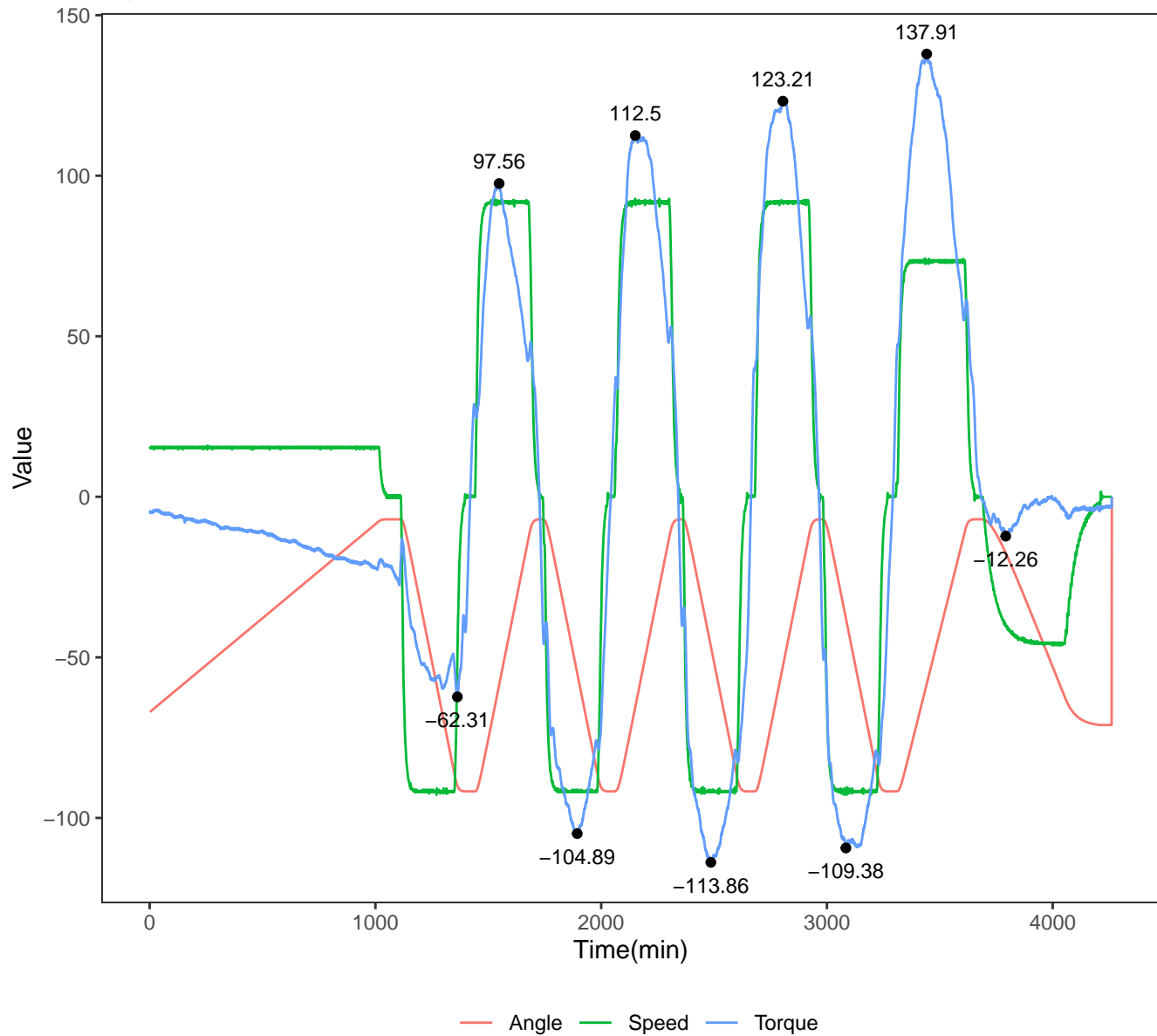
Speed: 30



File:

Exercise: Before

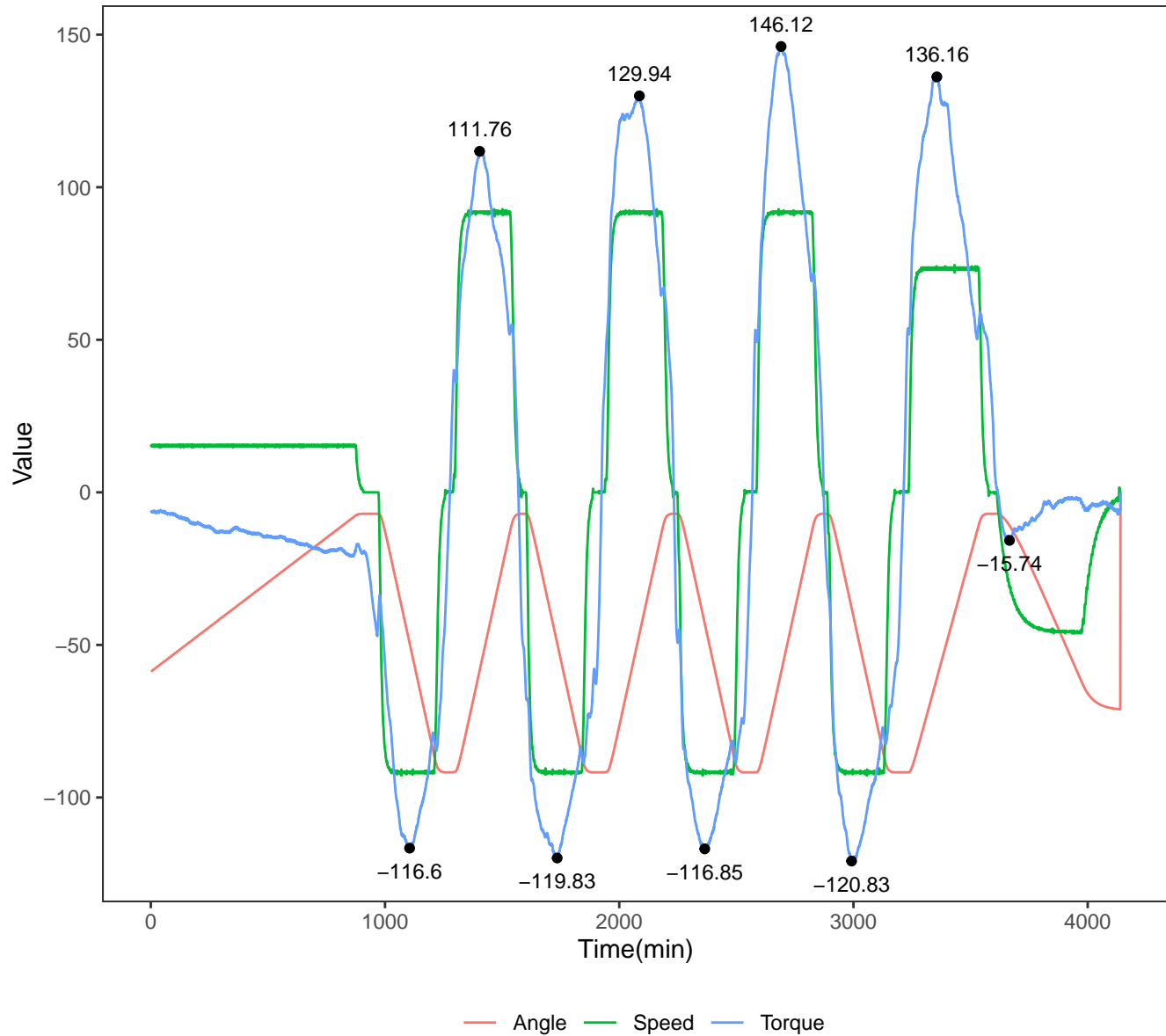
Speed: 90



File:

Exercise: Before

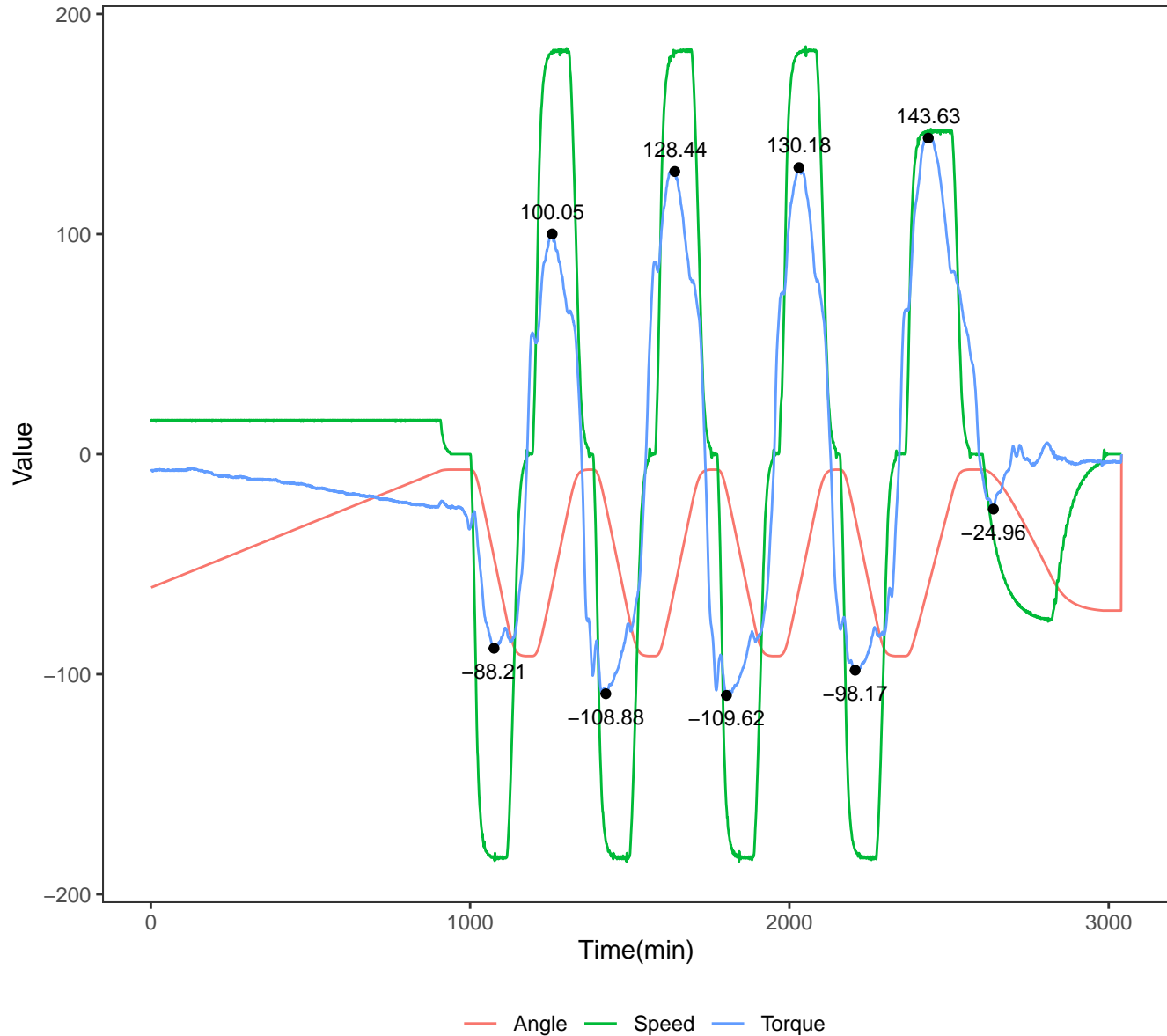
Speed: 90



File:

Exercise: Before

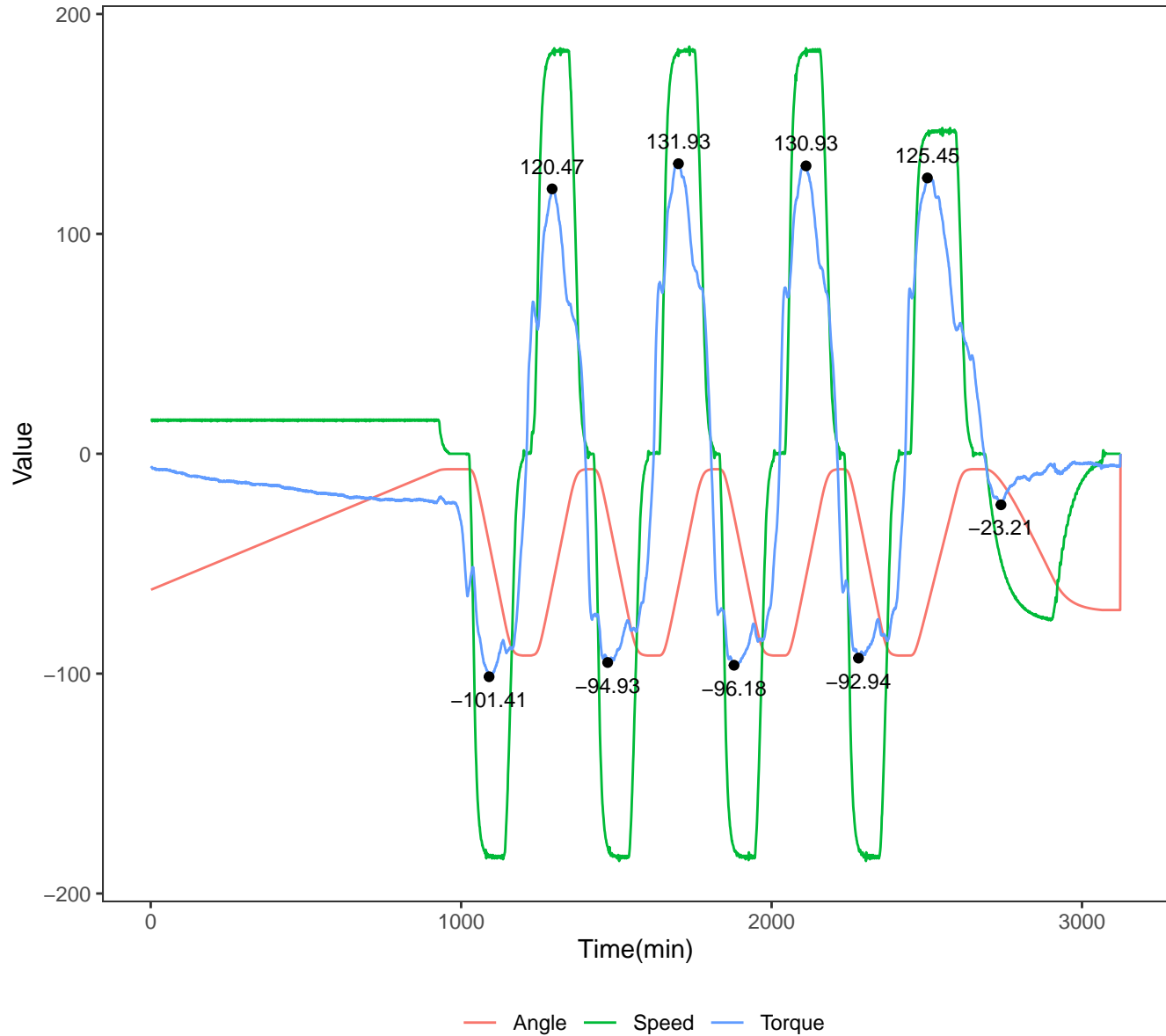
Speed: 180



File:

Exercise: Before

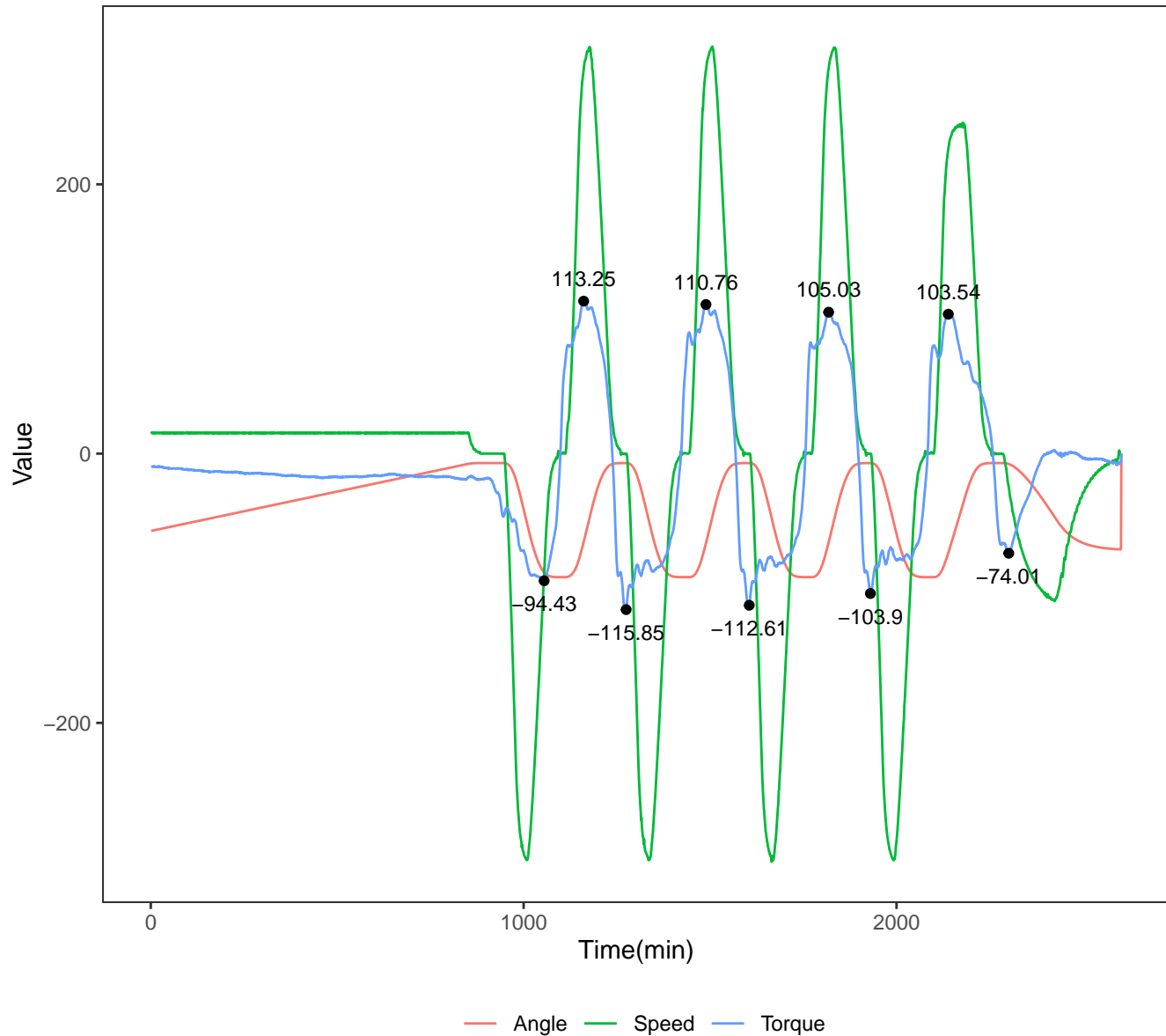
Speed: 180



File:

Exercise: Before

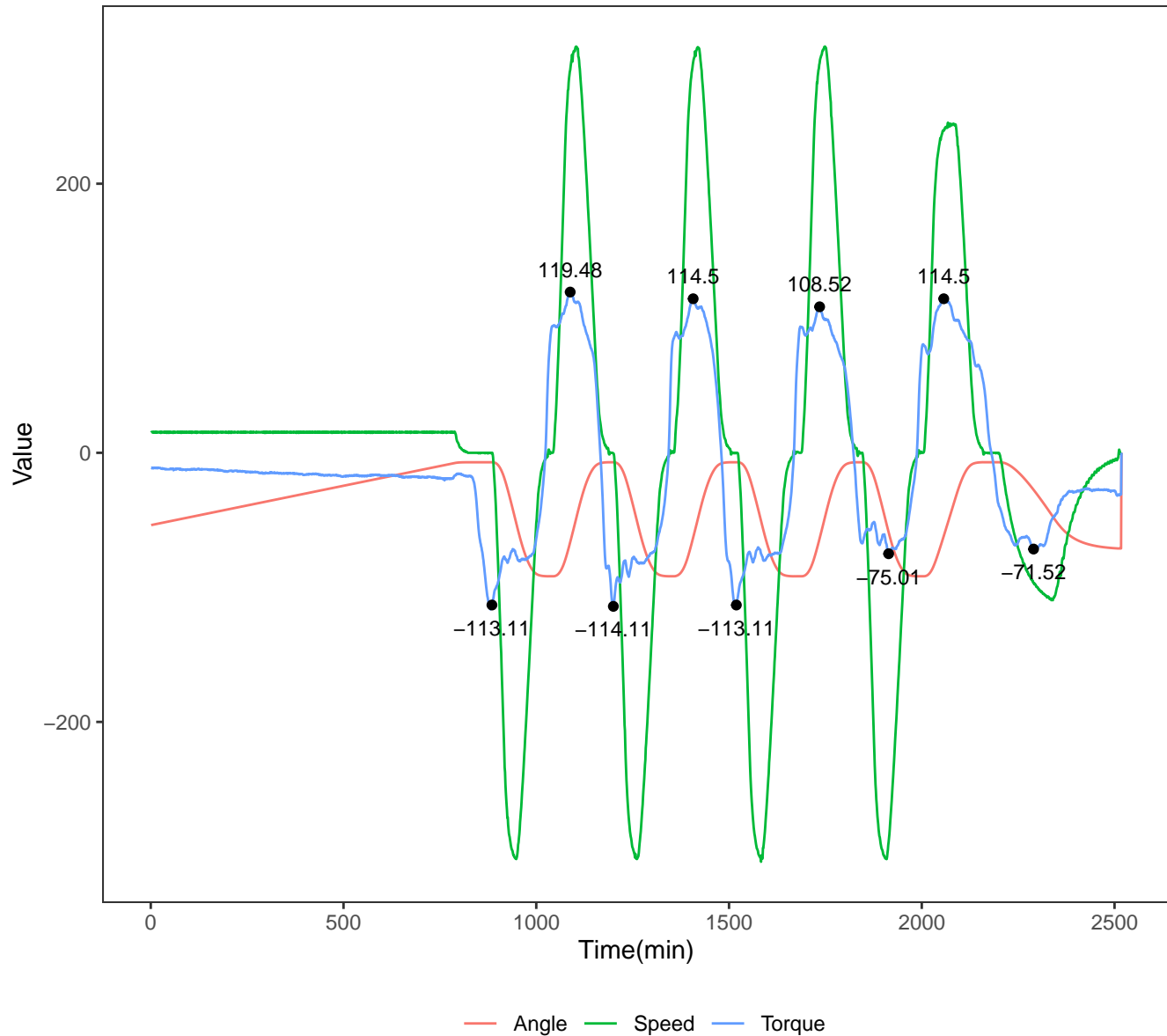
Speed: 300



File:

Exercise: Before

Speed: 300

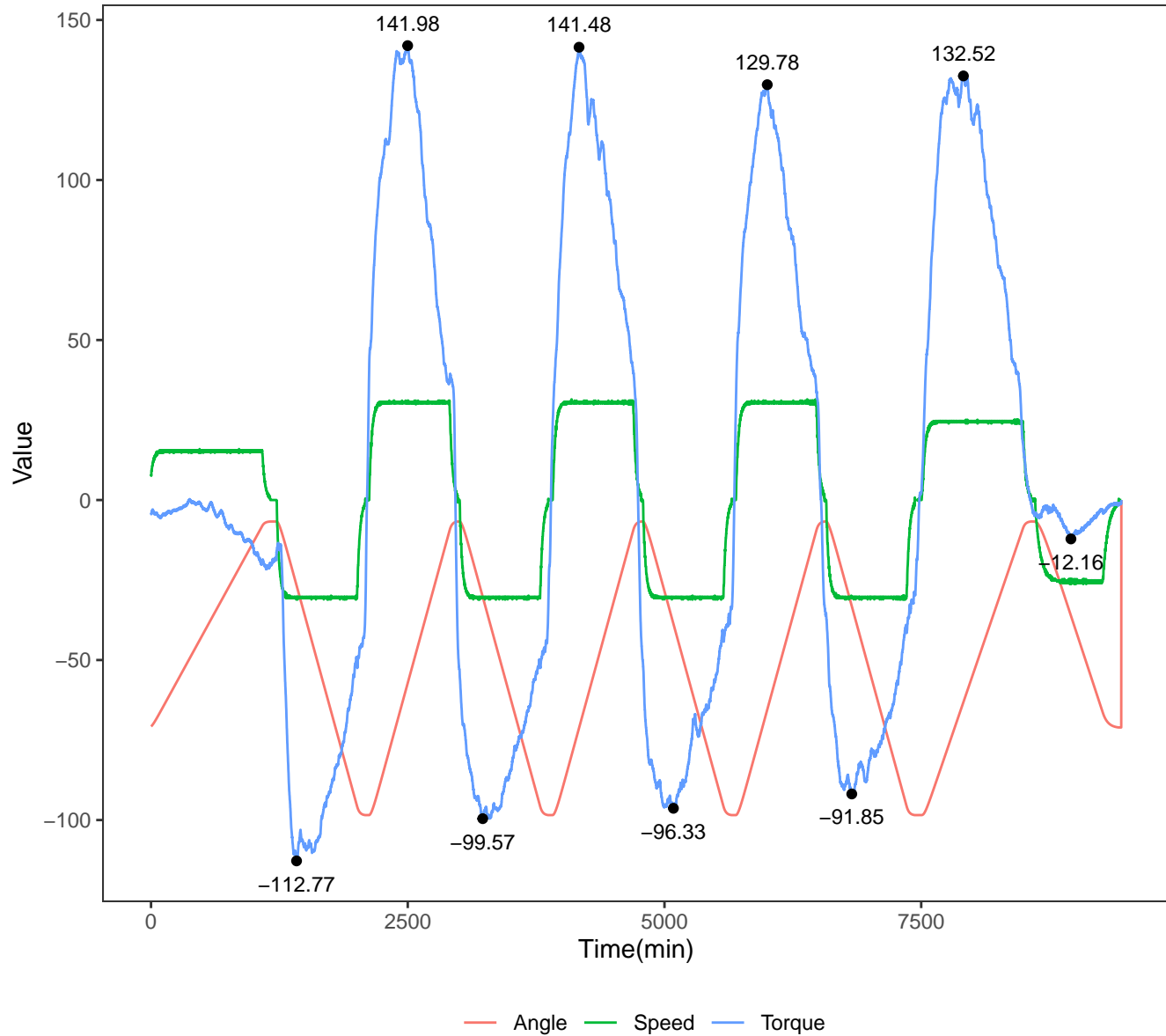




File:

Exercise: After

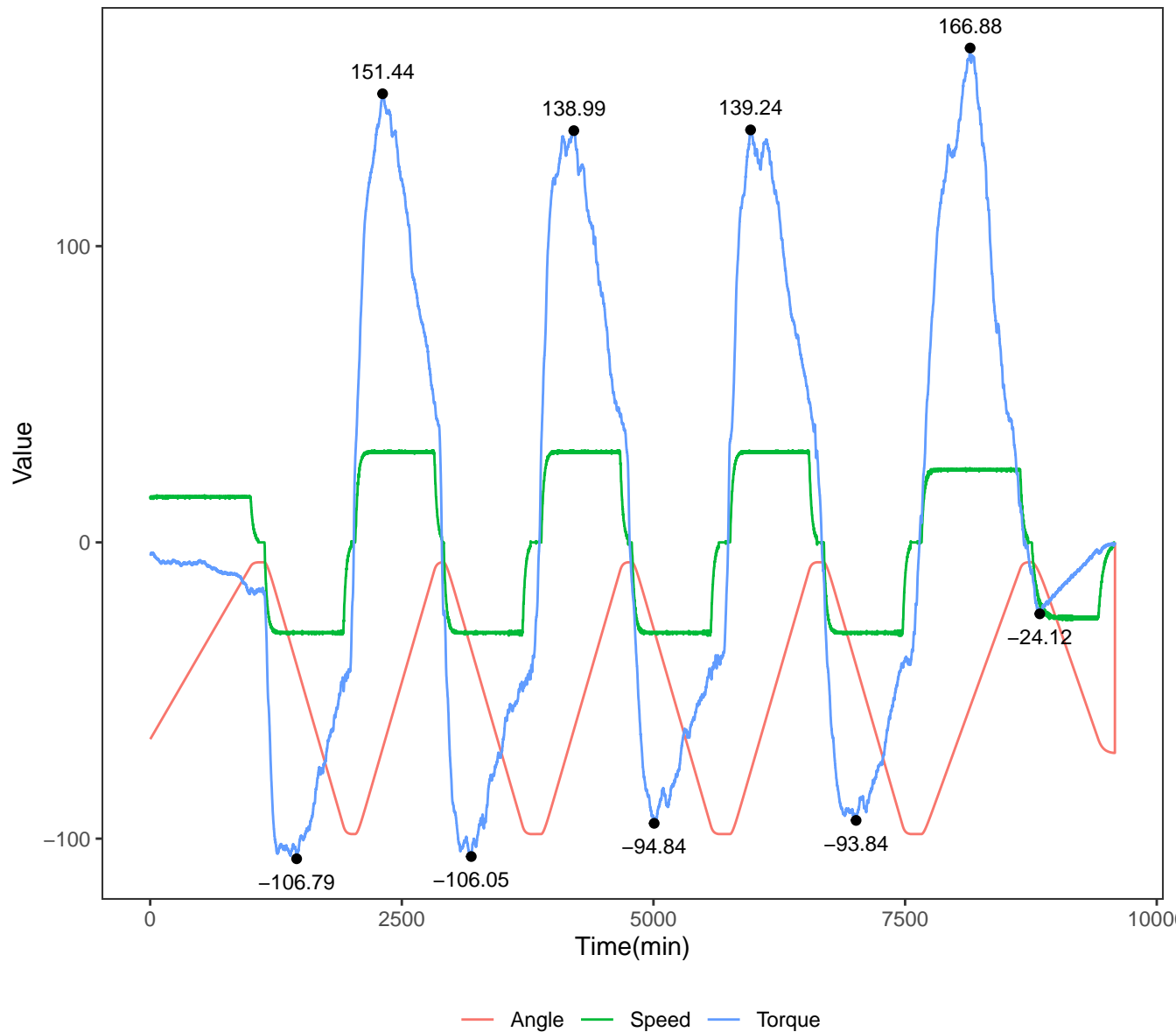
Speed: 30



File:

Exercise: After

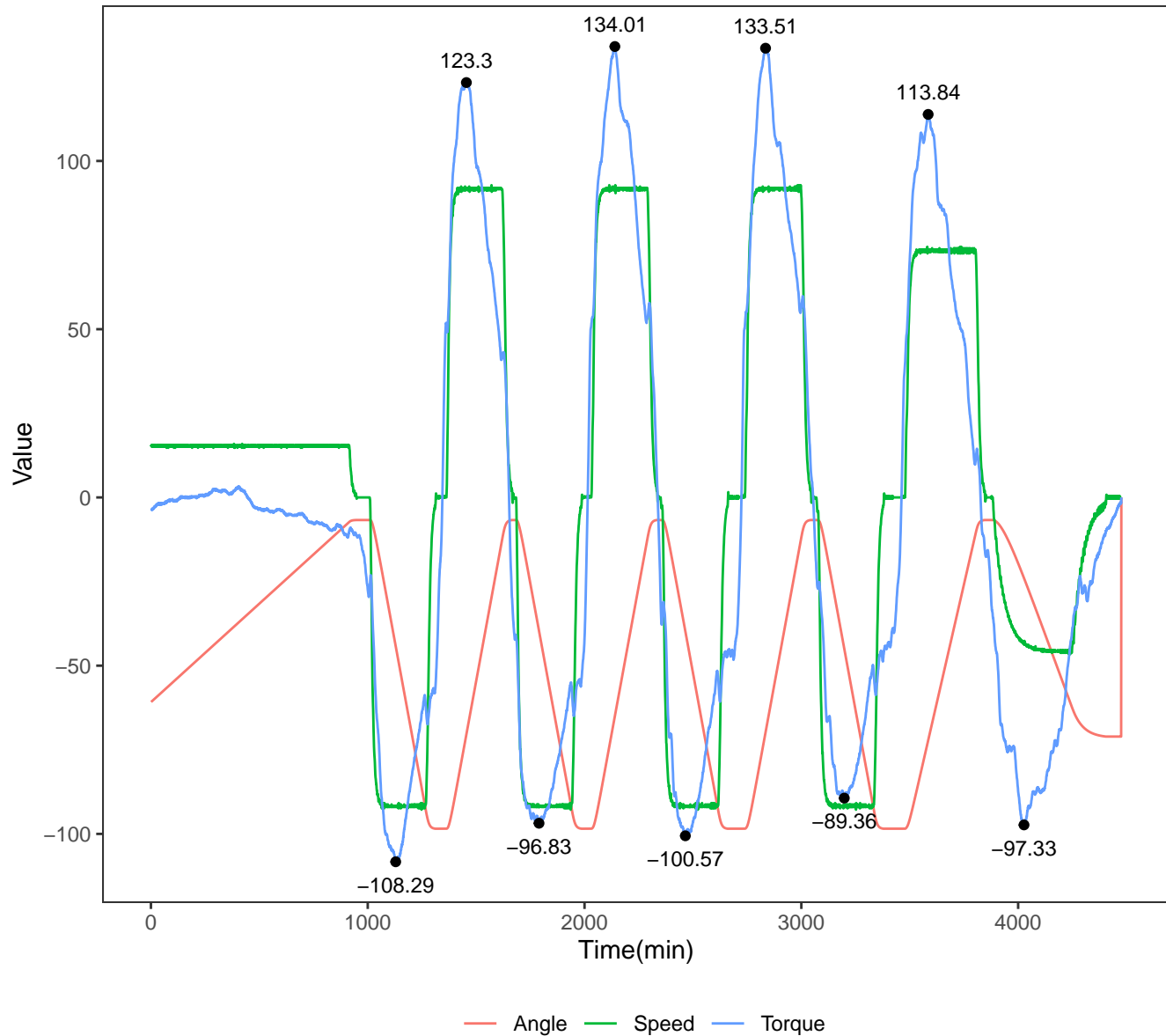
Speed: 30



File:

Exercise: After

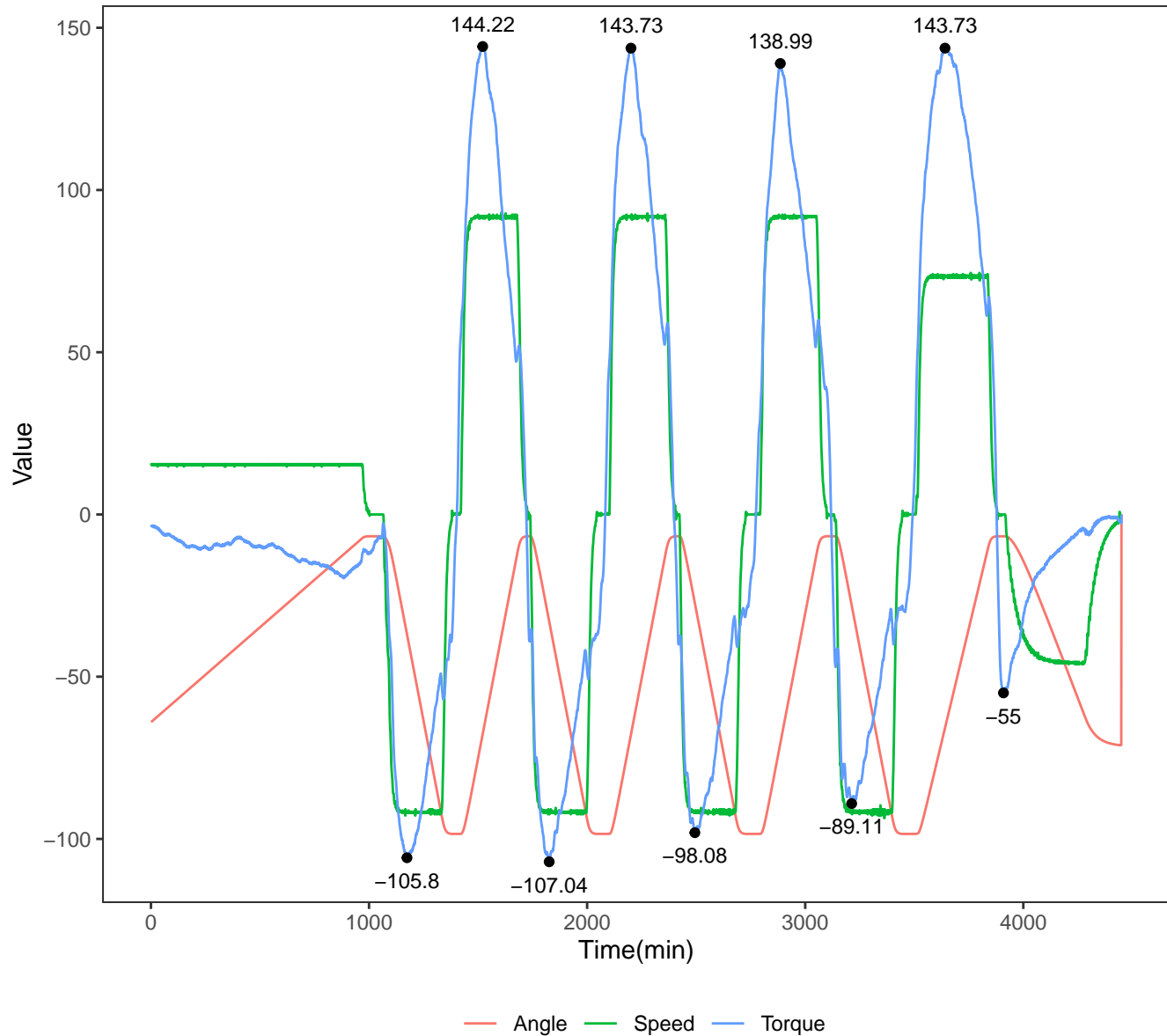
Speed: 90



File:

Exercise: After

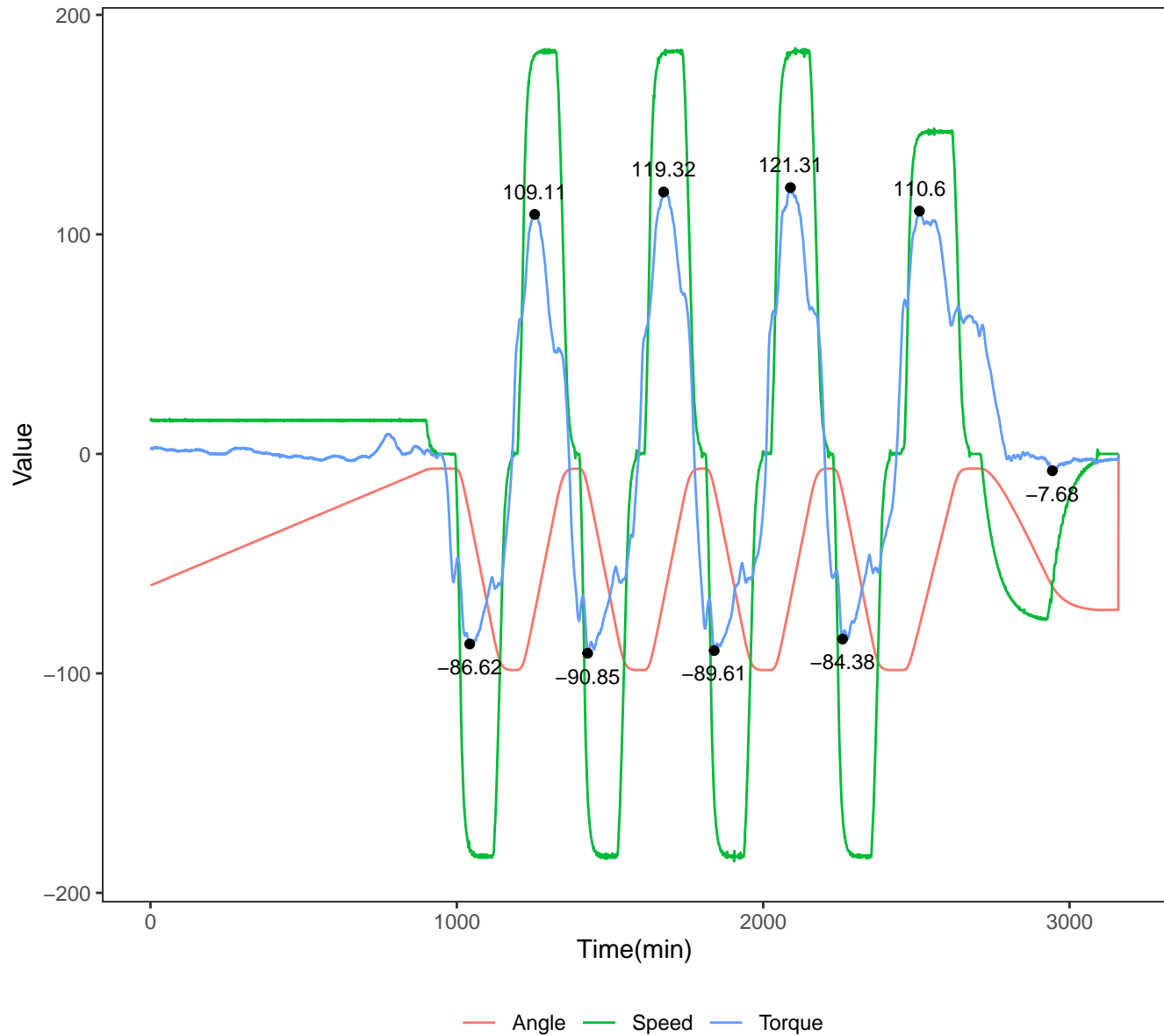
Speed: 90



File:

Exercise: After

Speed: 180

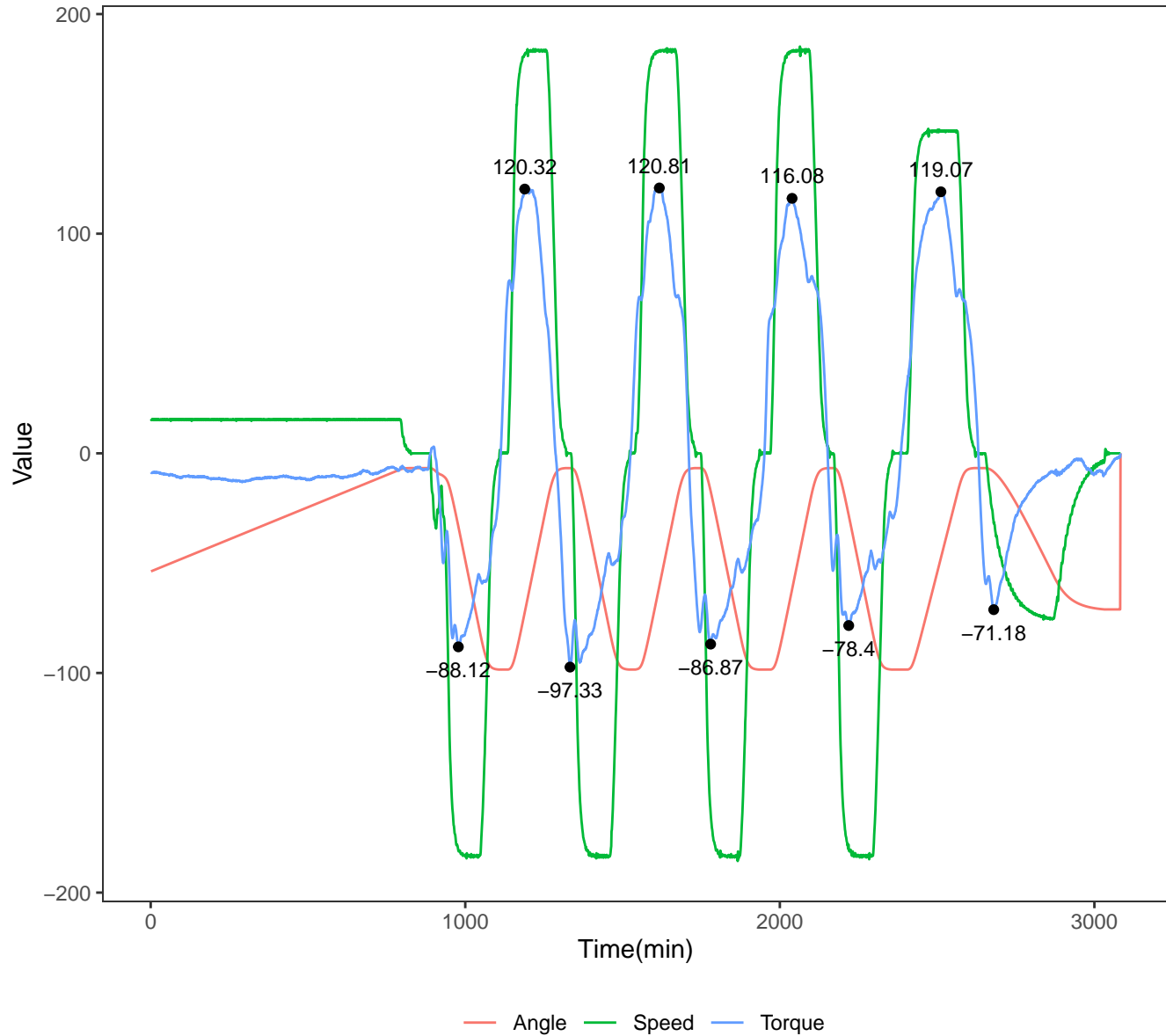


— Angle — Speed — Torque

File:

Exercise: After

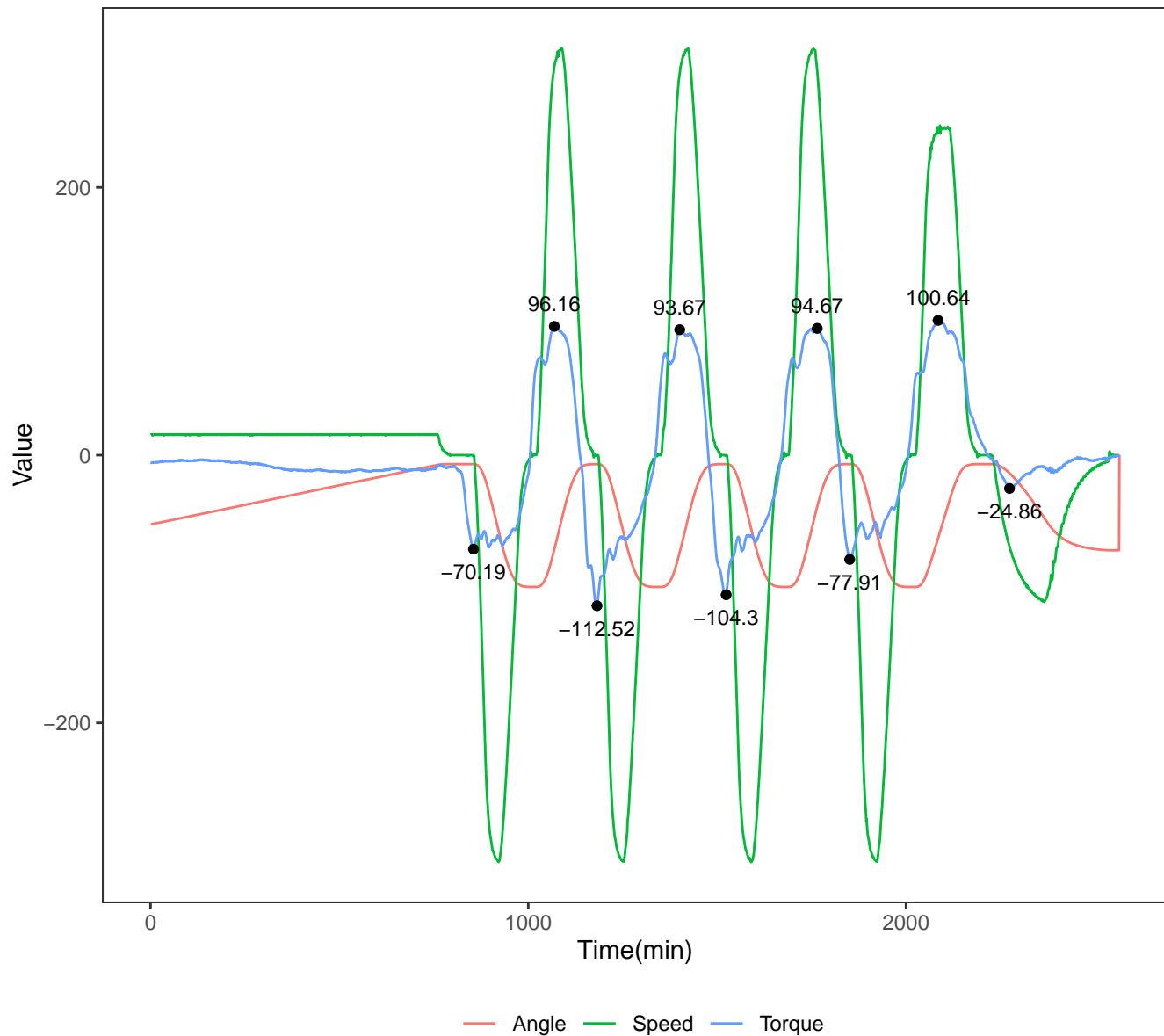
Speed: 180



File:

Exercise: After

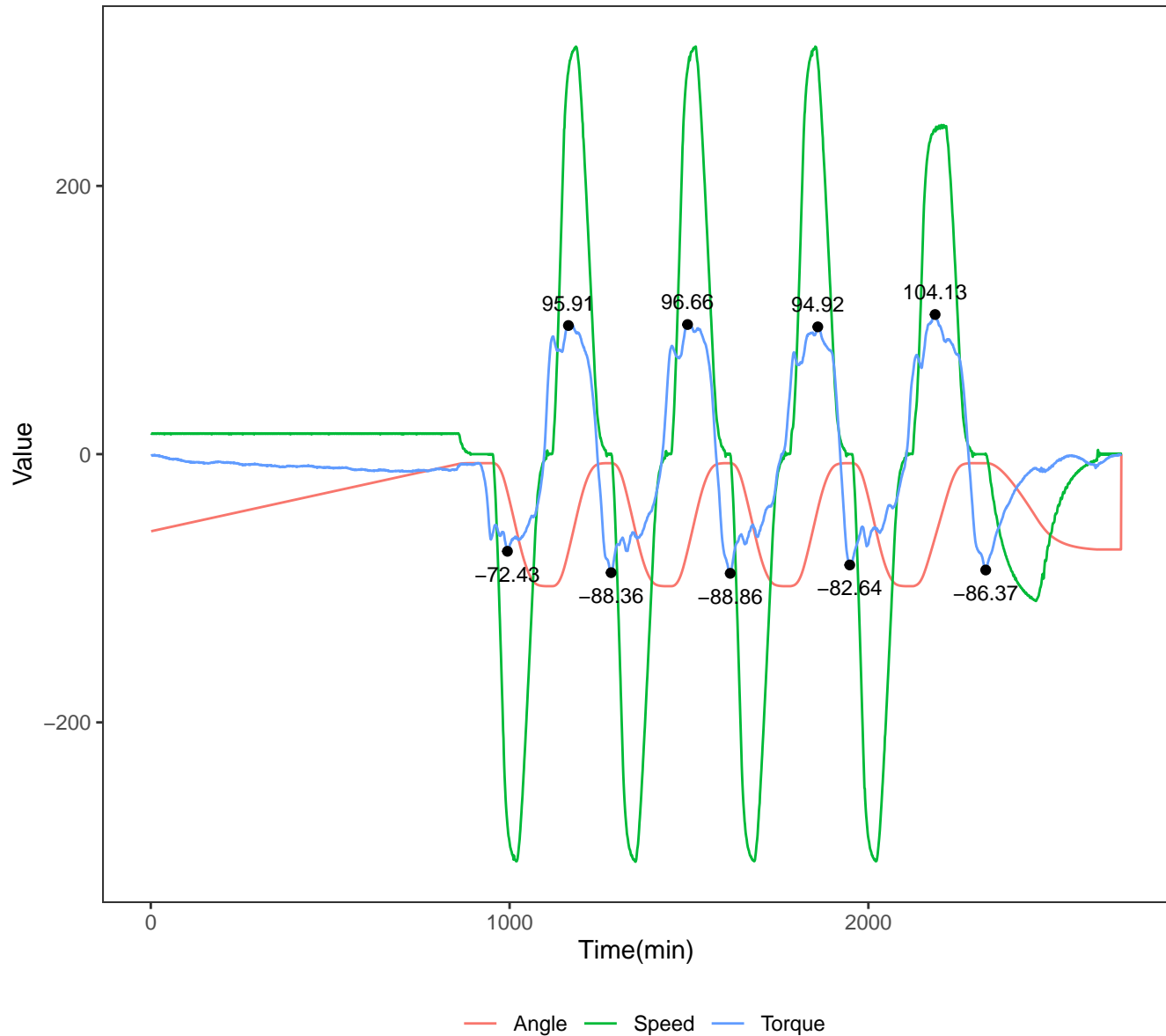
Speed: 300



File:

Exercise: After

Speed: 300

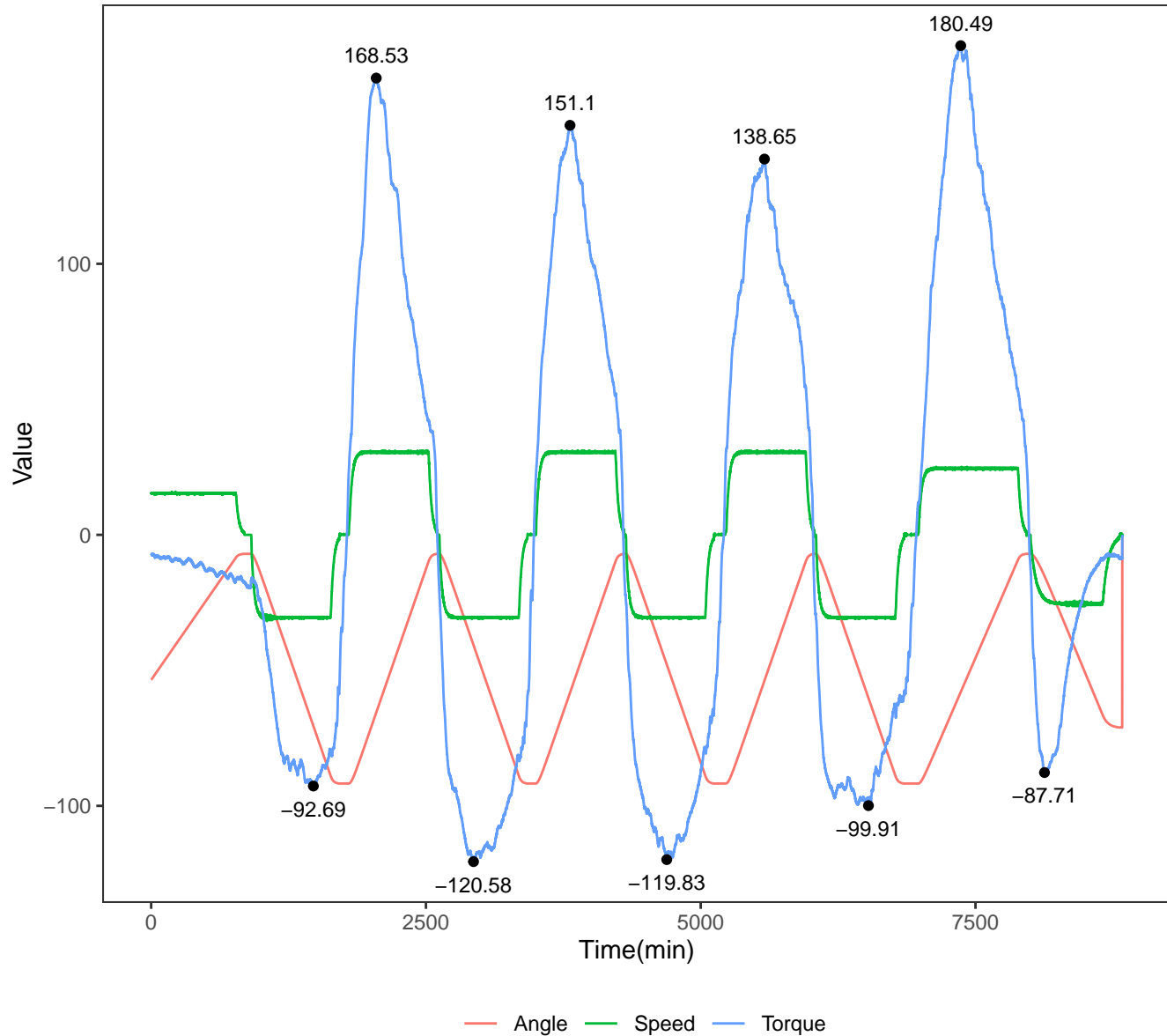




File:

Exercise: Before

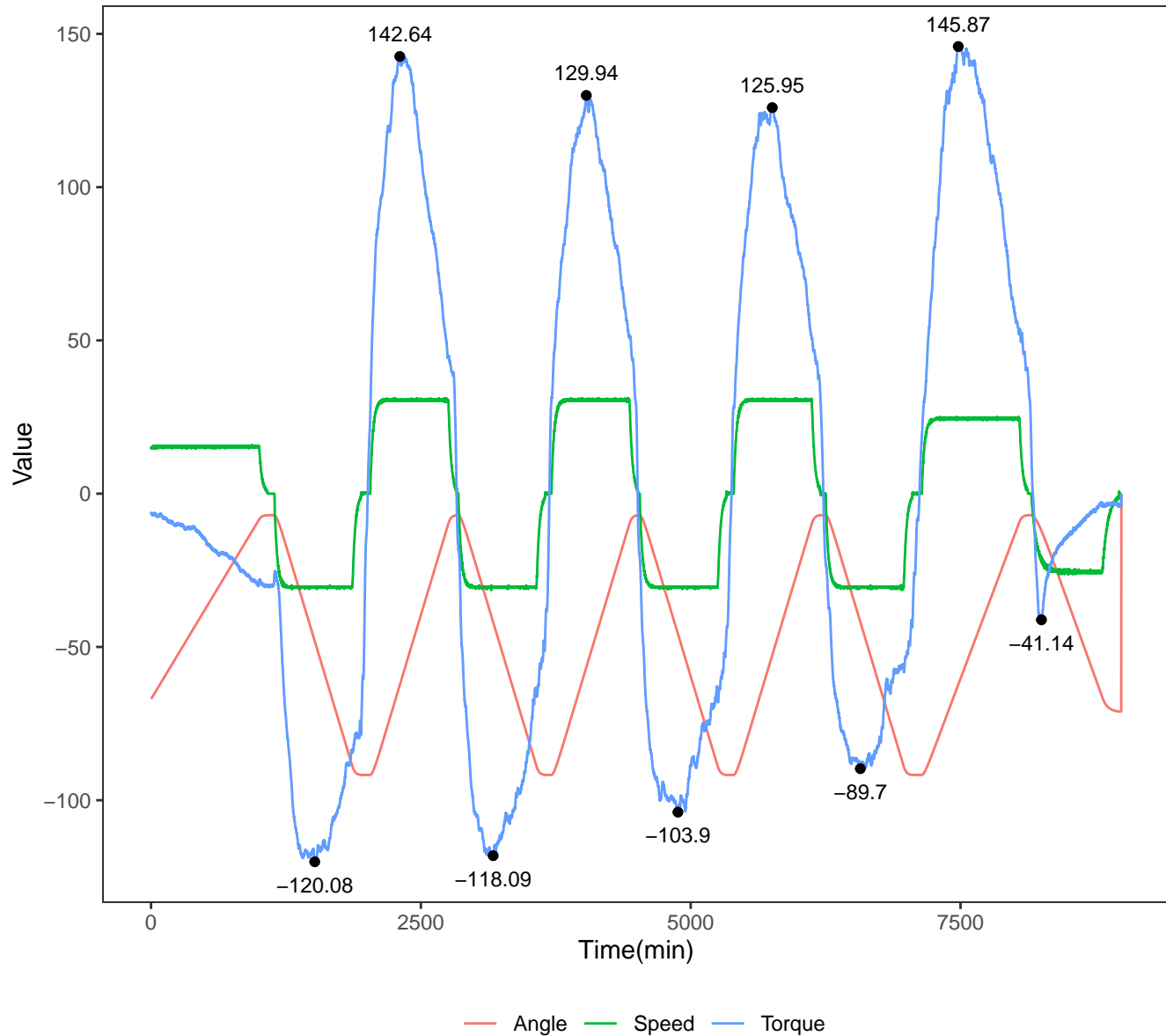
Speed: 30



File:

Exercise: Before

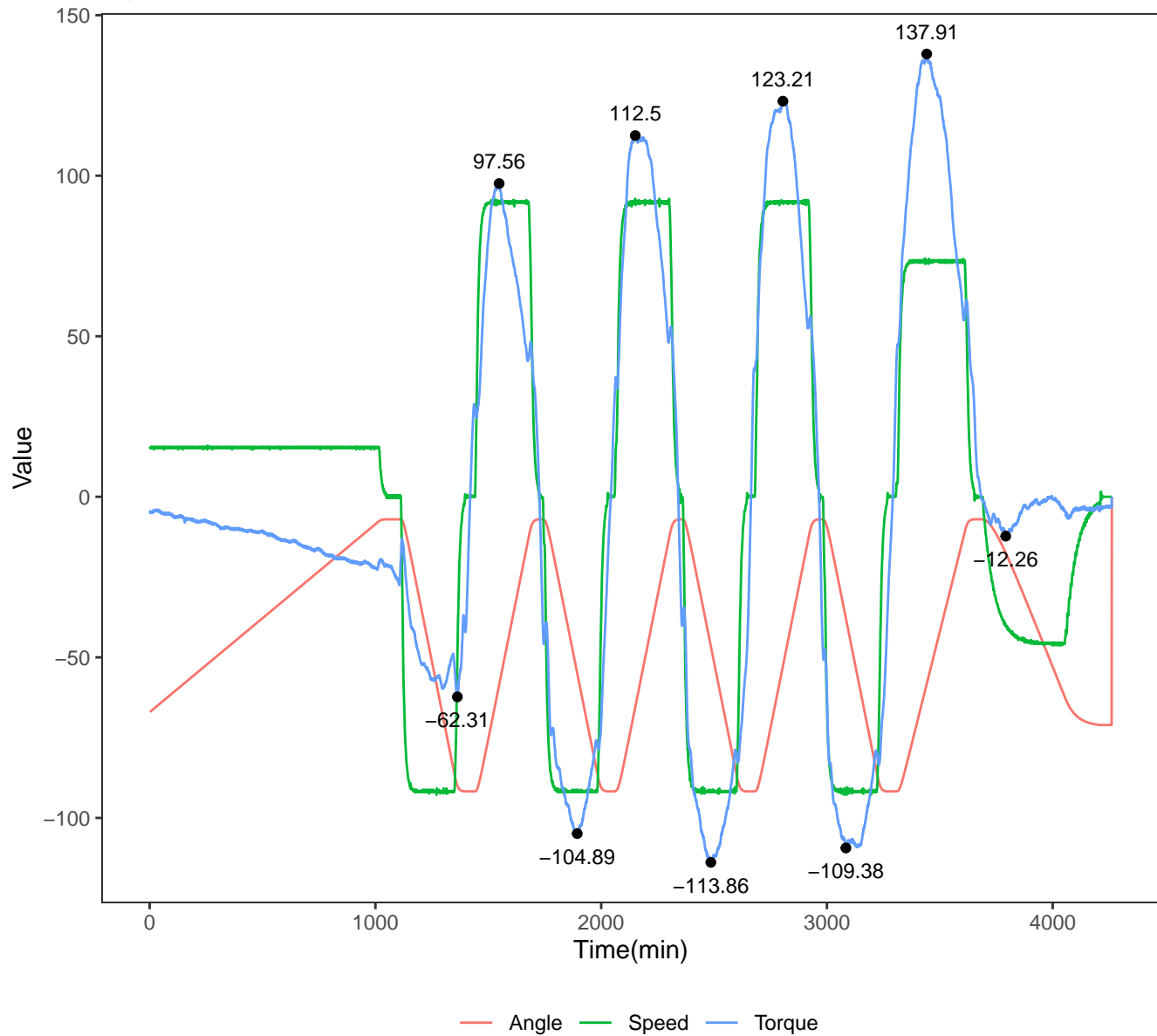
Speed: 30



File:

Exercise: Before

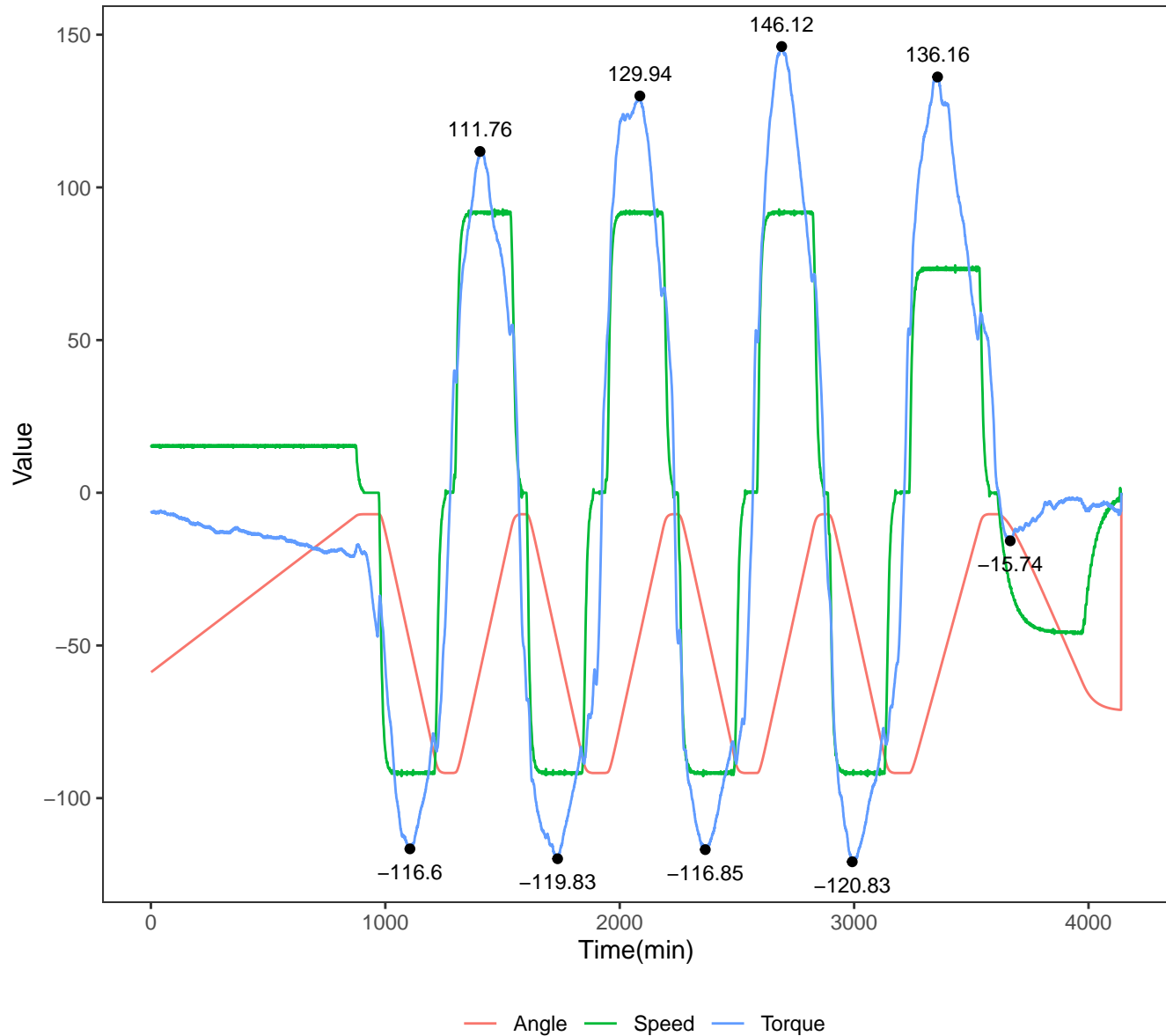
Speed: 90



File:

Exercise: Before

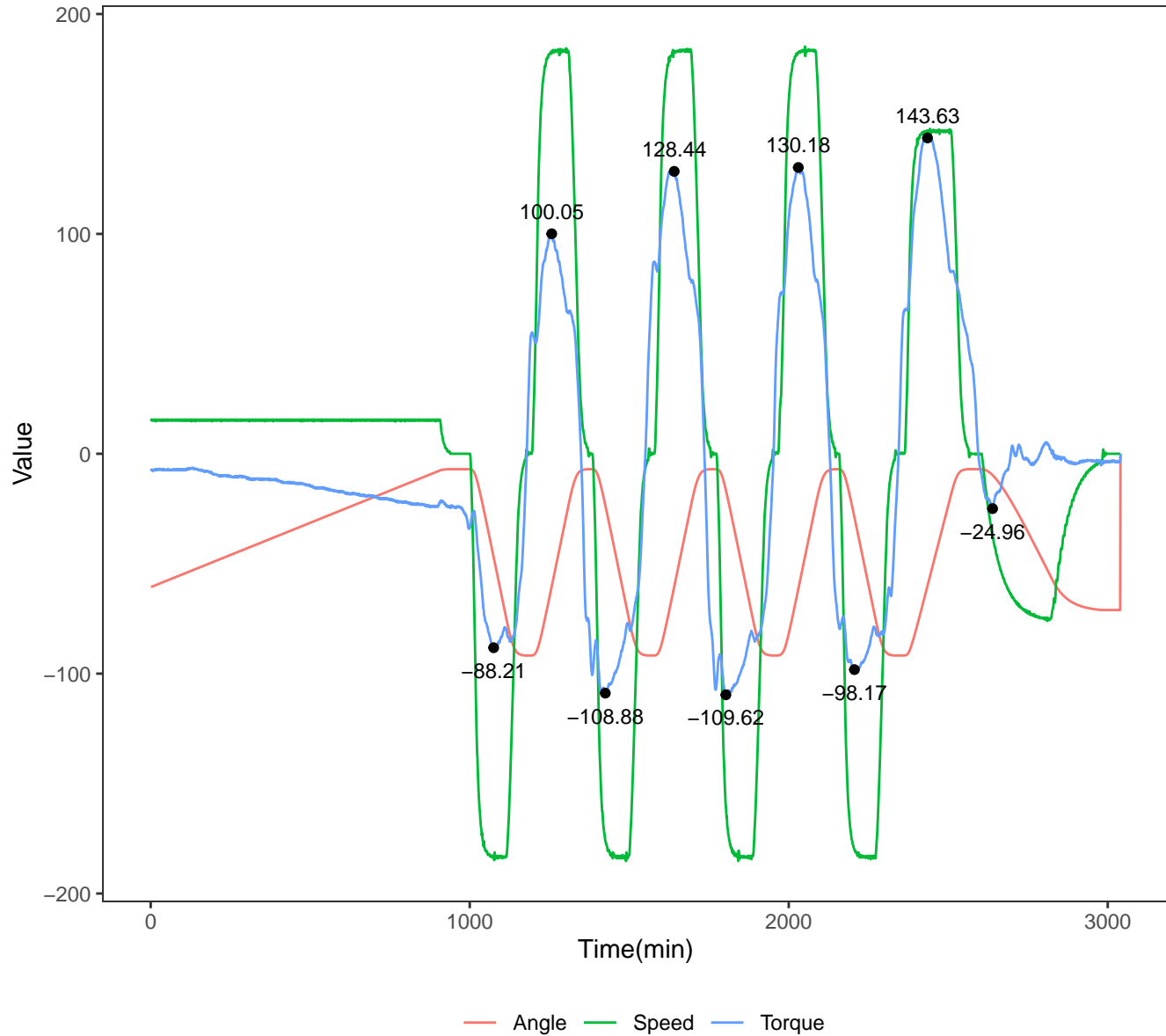
Speed: 90



File:

Exercise: Before

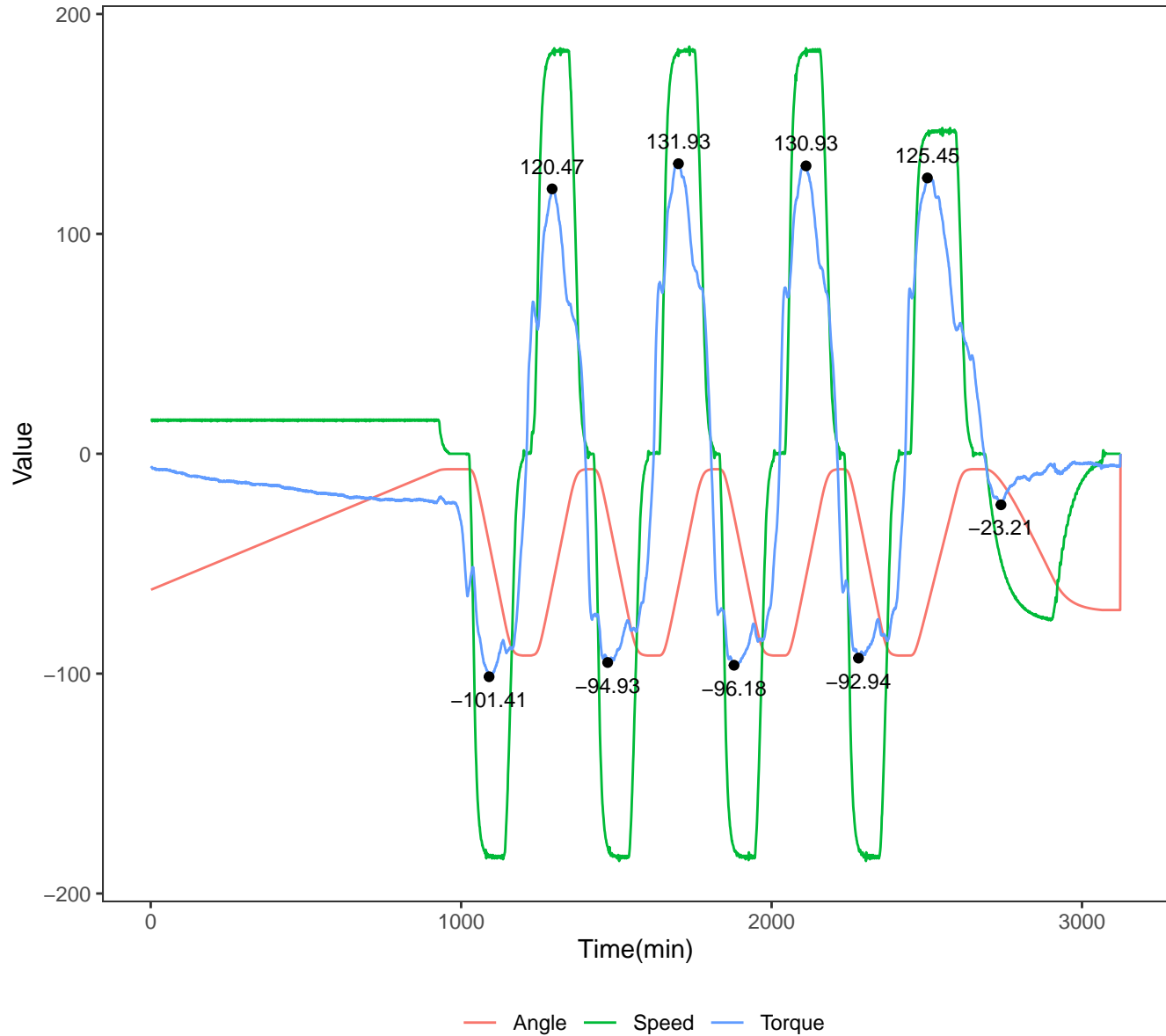
Speed: 180



File:

Exercise: Before

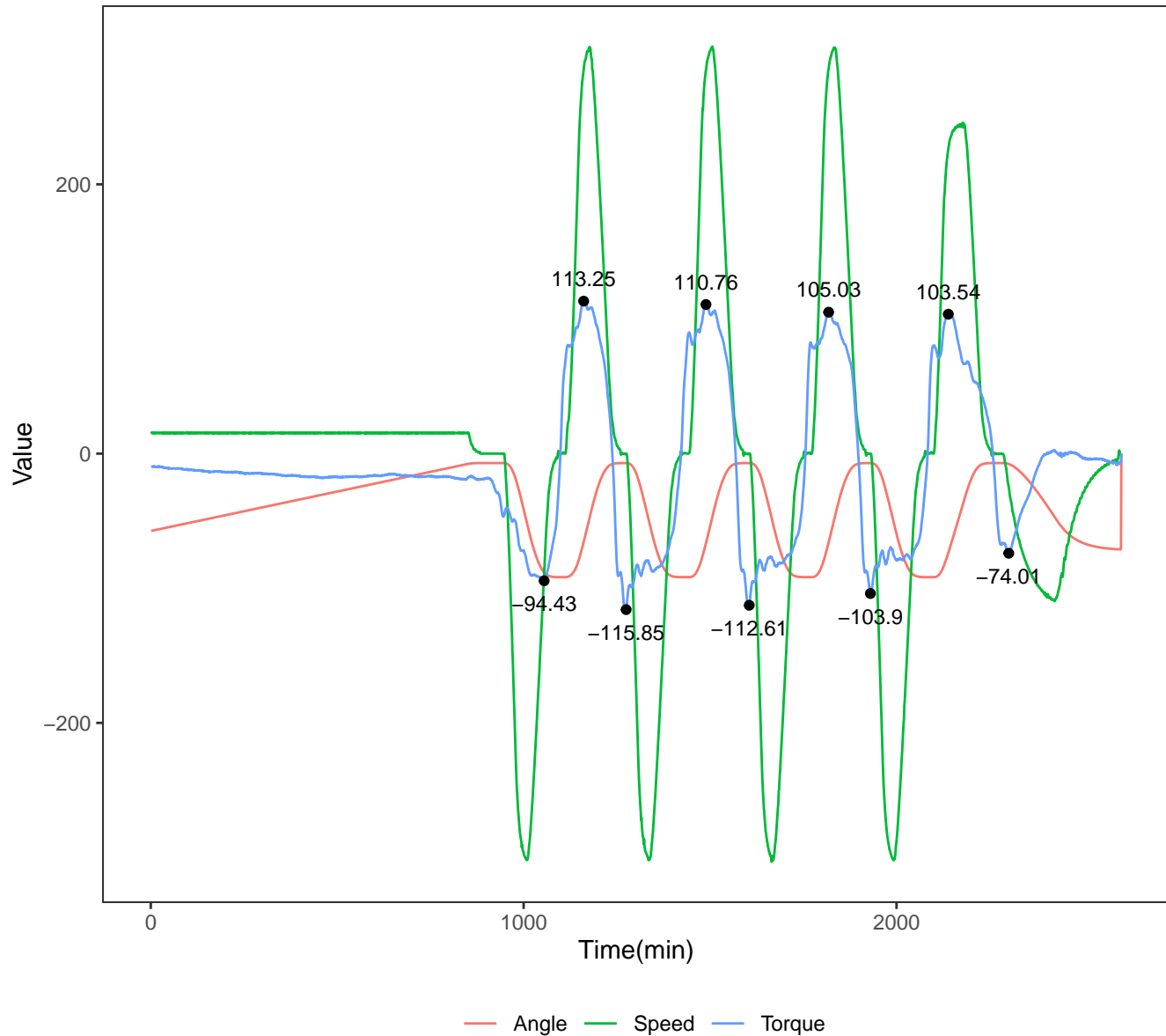
Speed: 180



File:

Exercise: Before

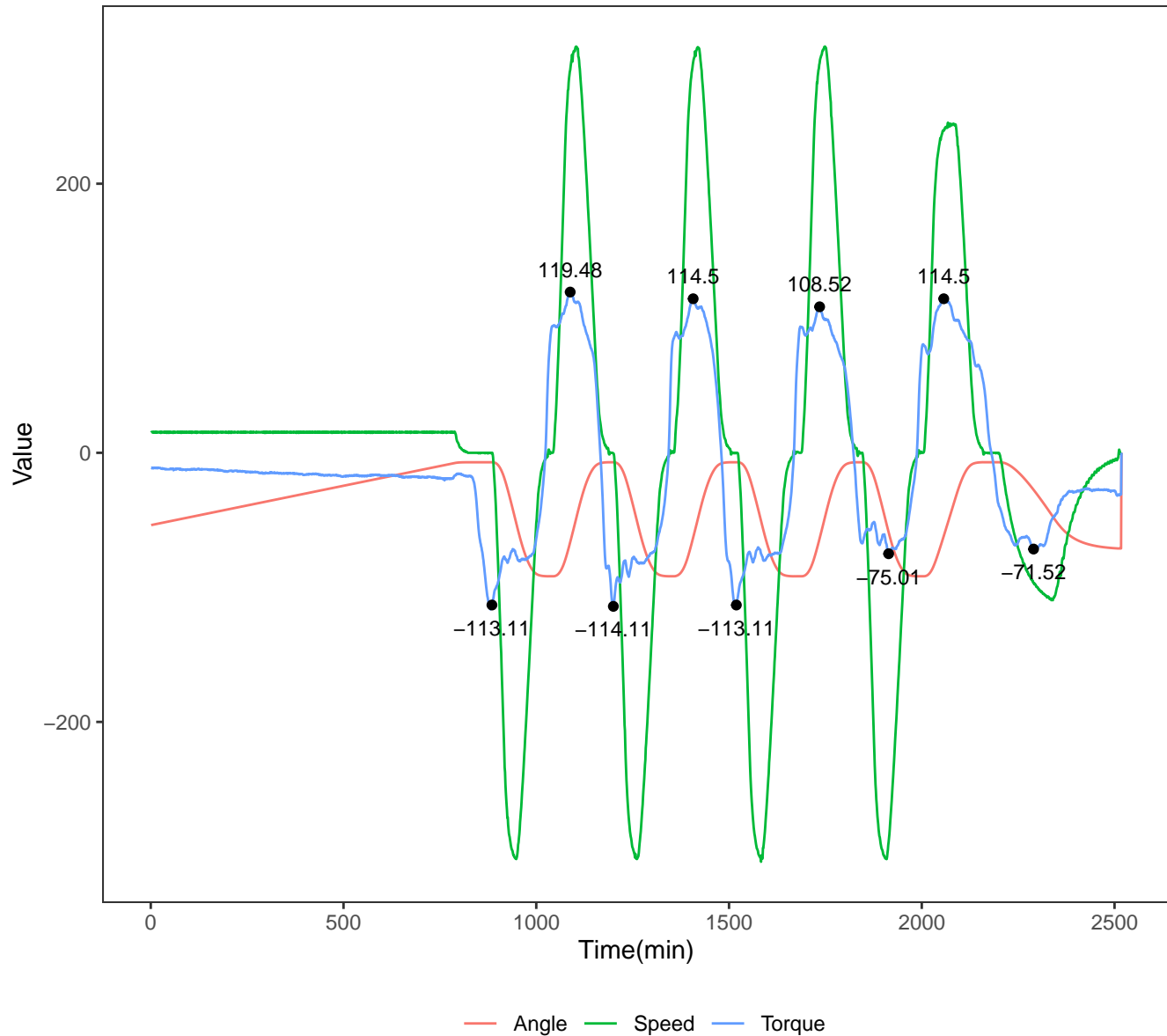
Speed: 300



File:

Exercise: Before

Speed: 300

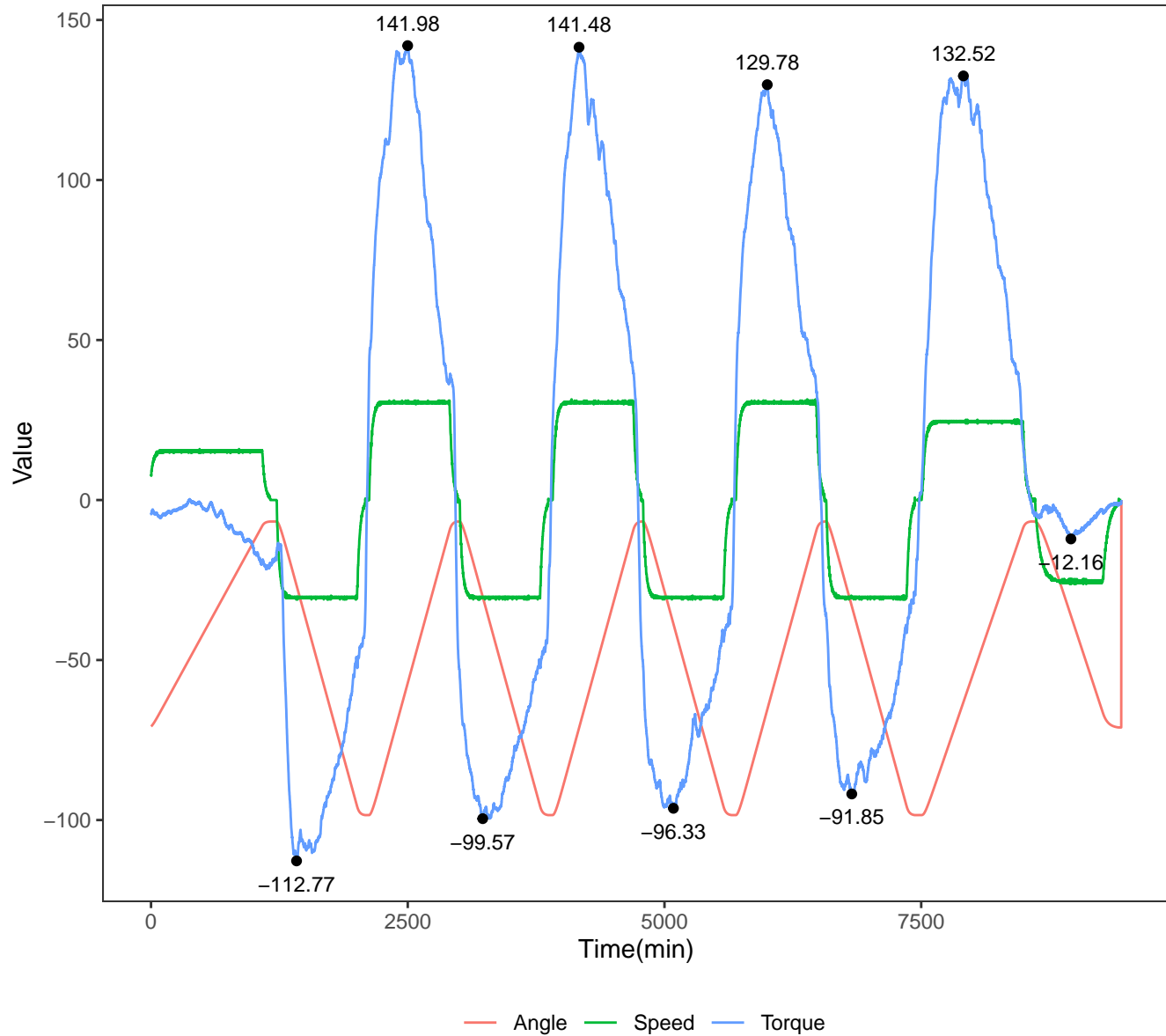




File:

Exercise: After

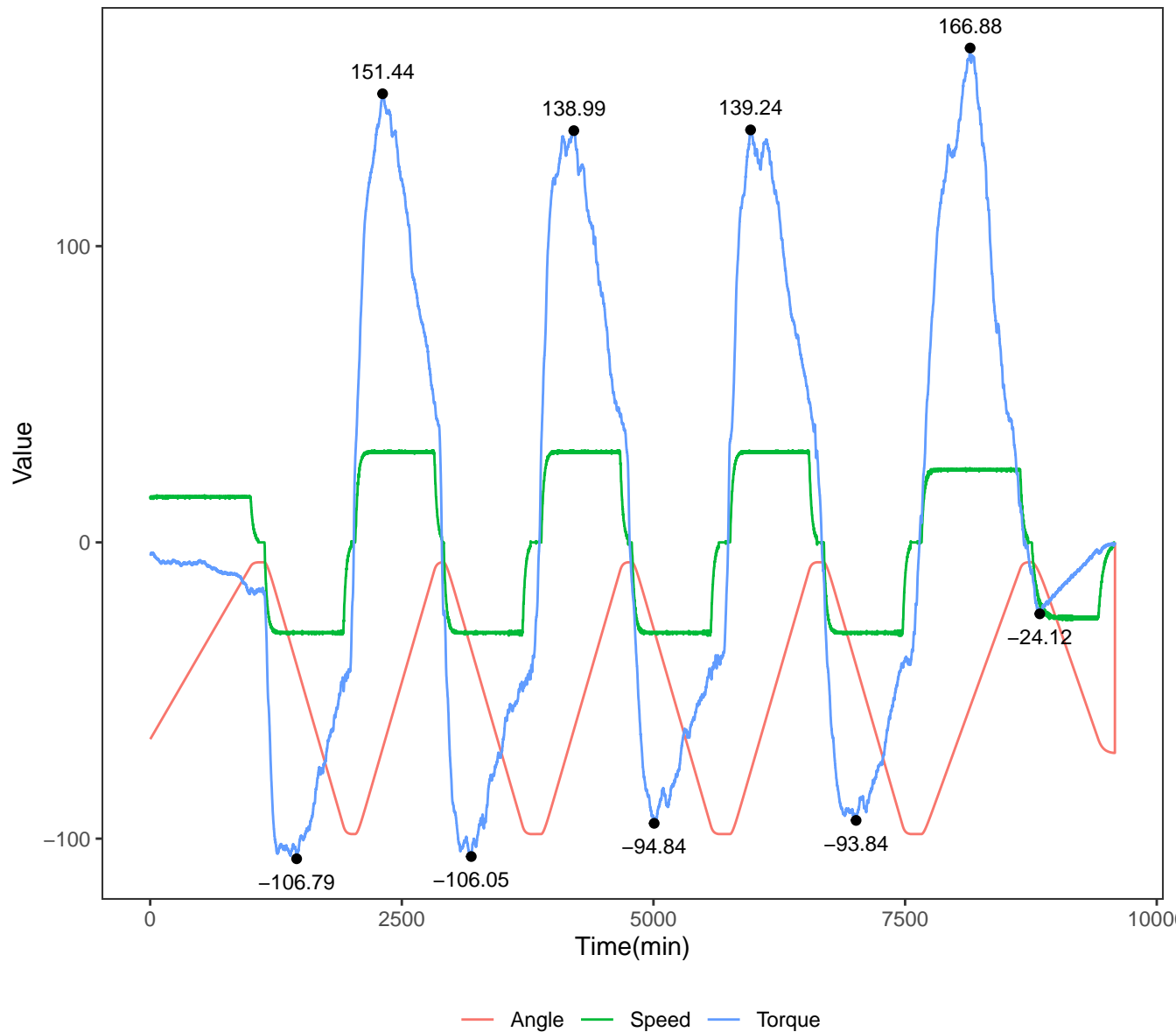
Speed: 30



File:

Exercise: After

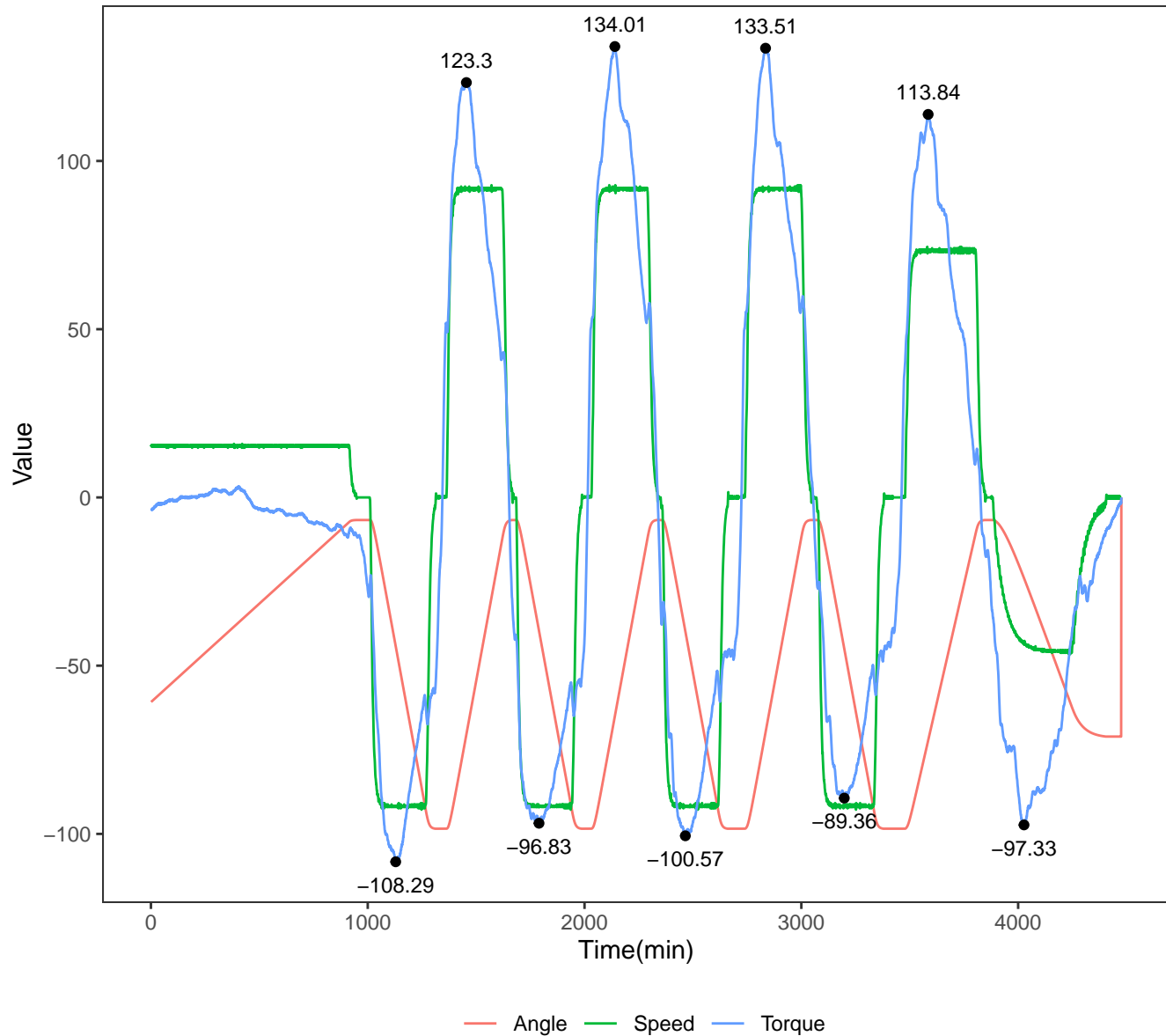
Speed: 30



File:

Exercise: After

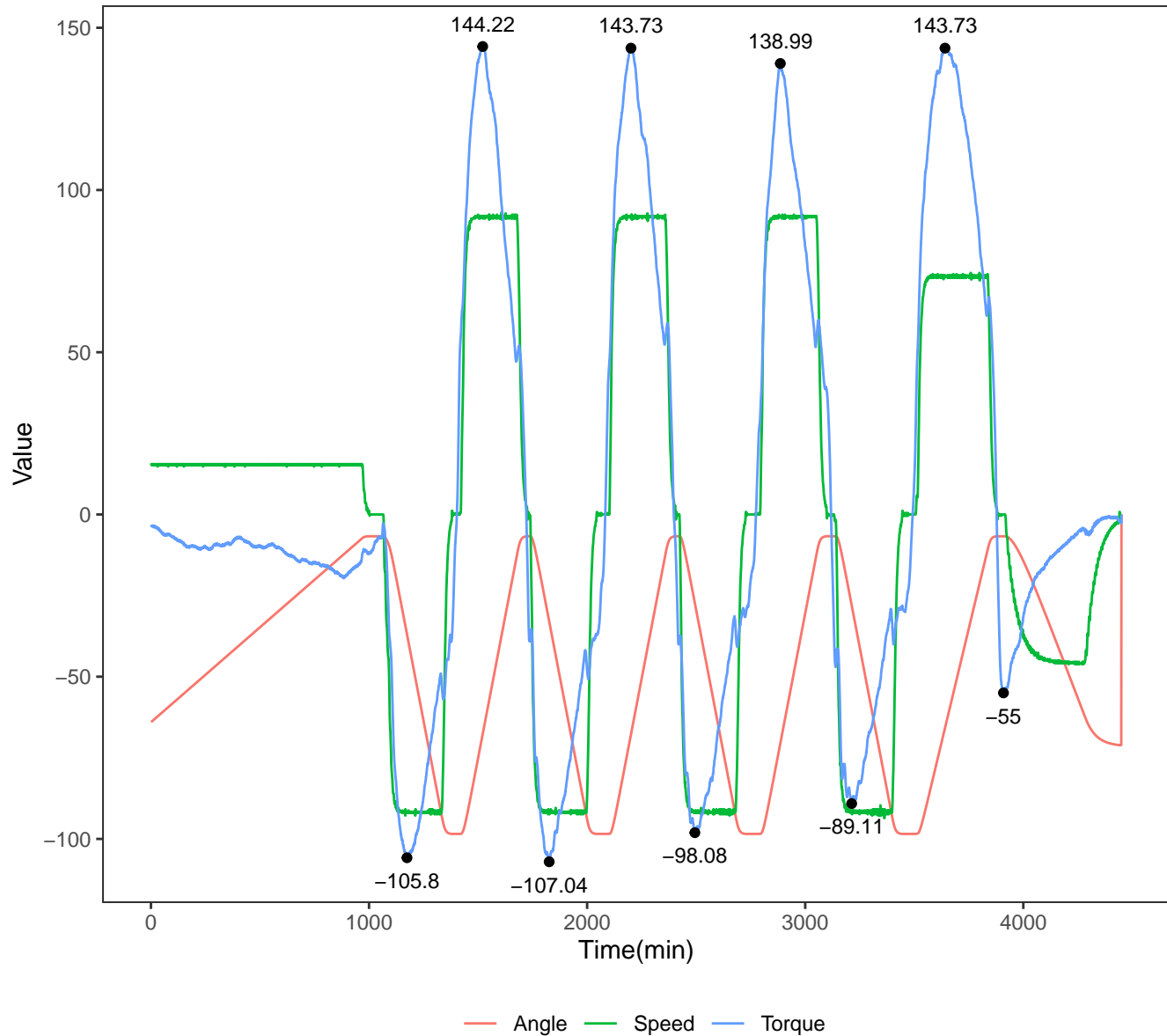
Speed: 90



File:

Exercise: After

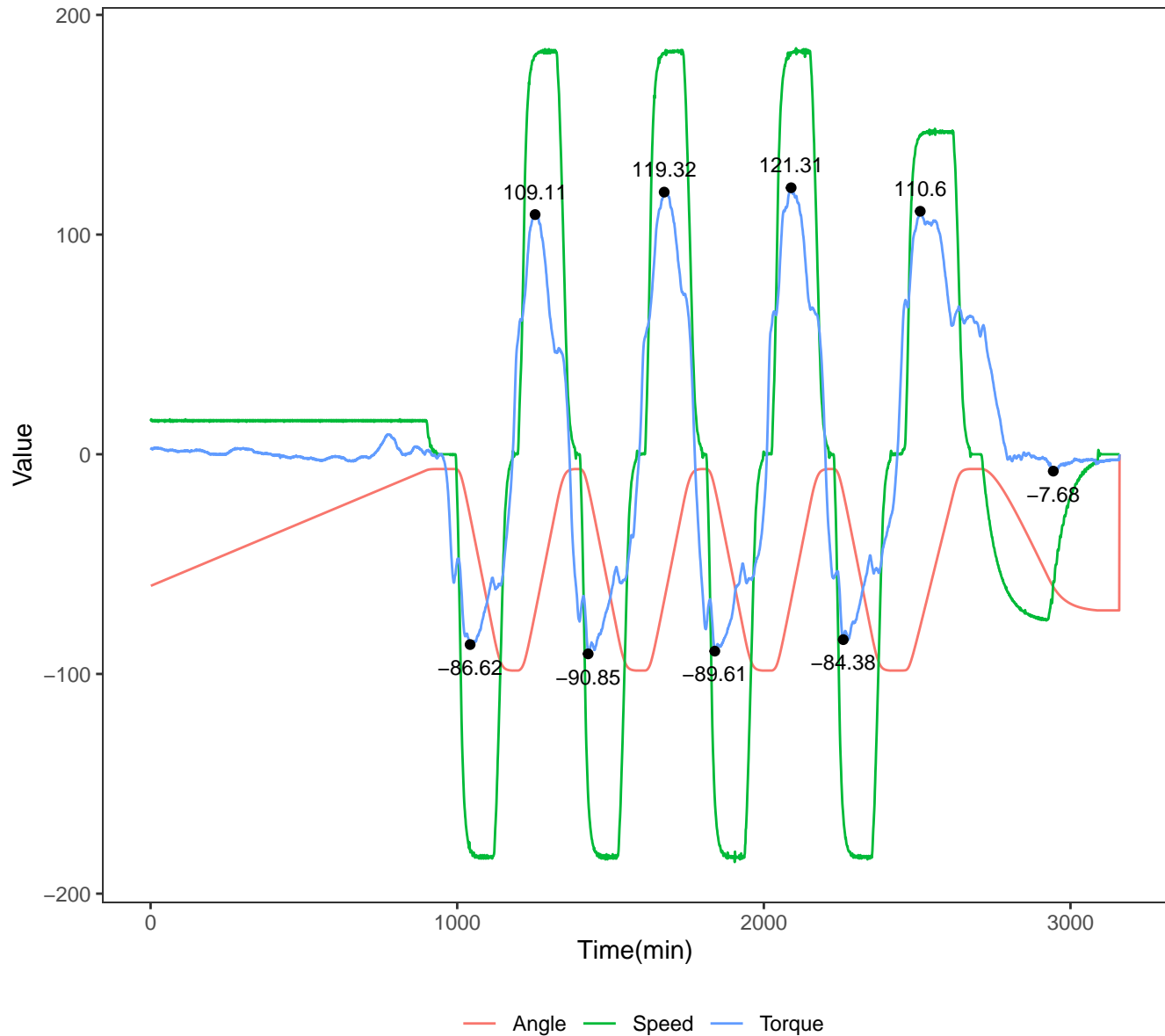
Speed: 90



File:

Exercise: After

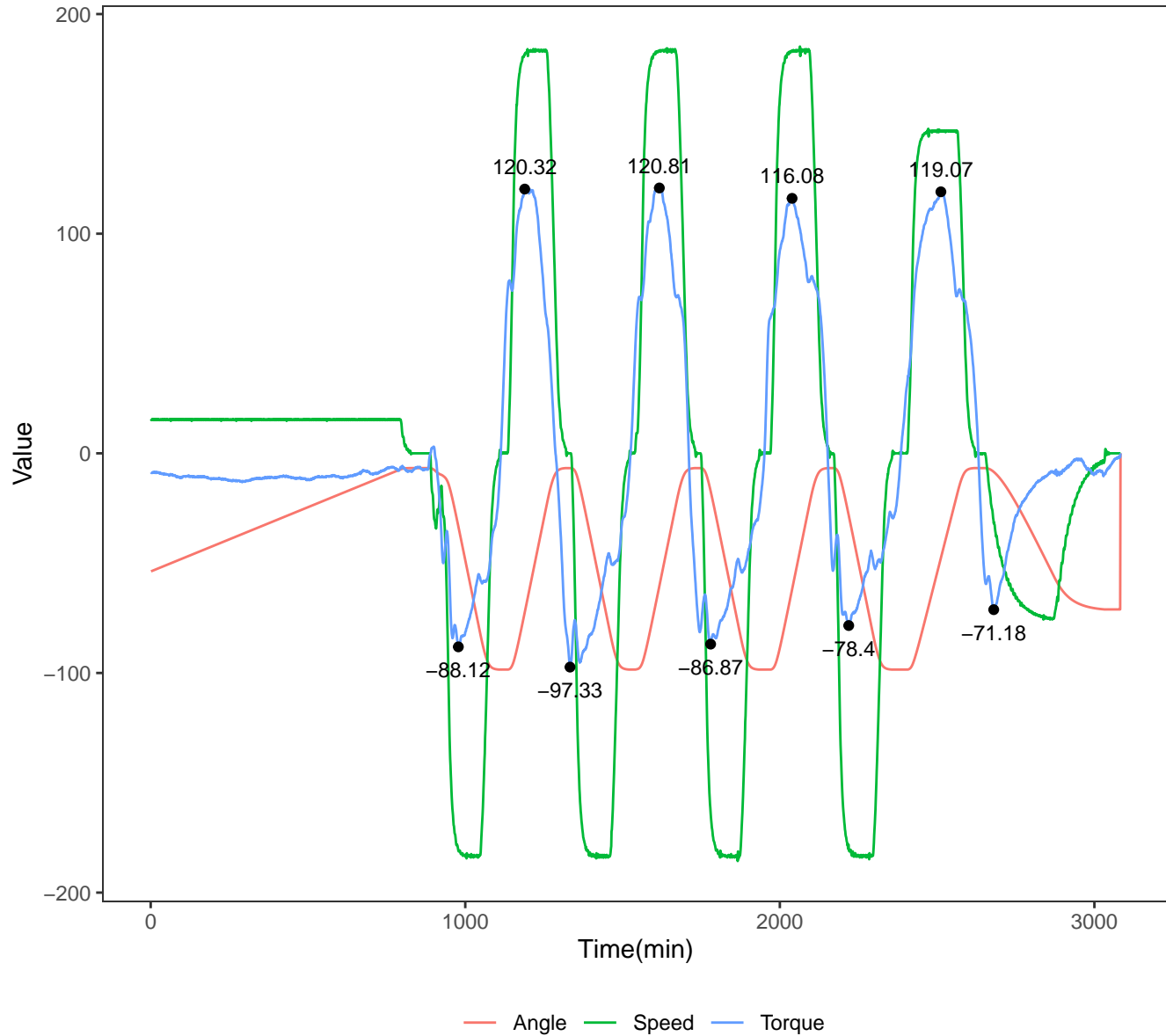
Speed: 180



File:

Exercise: After

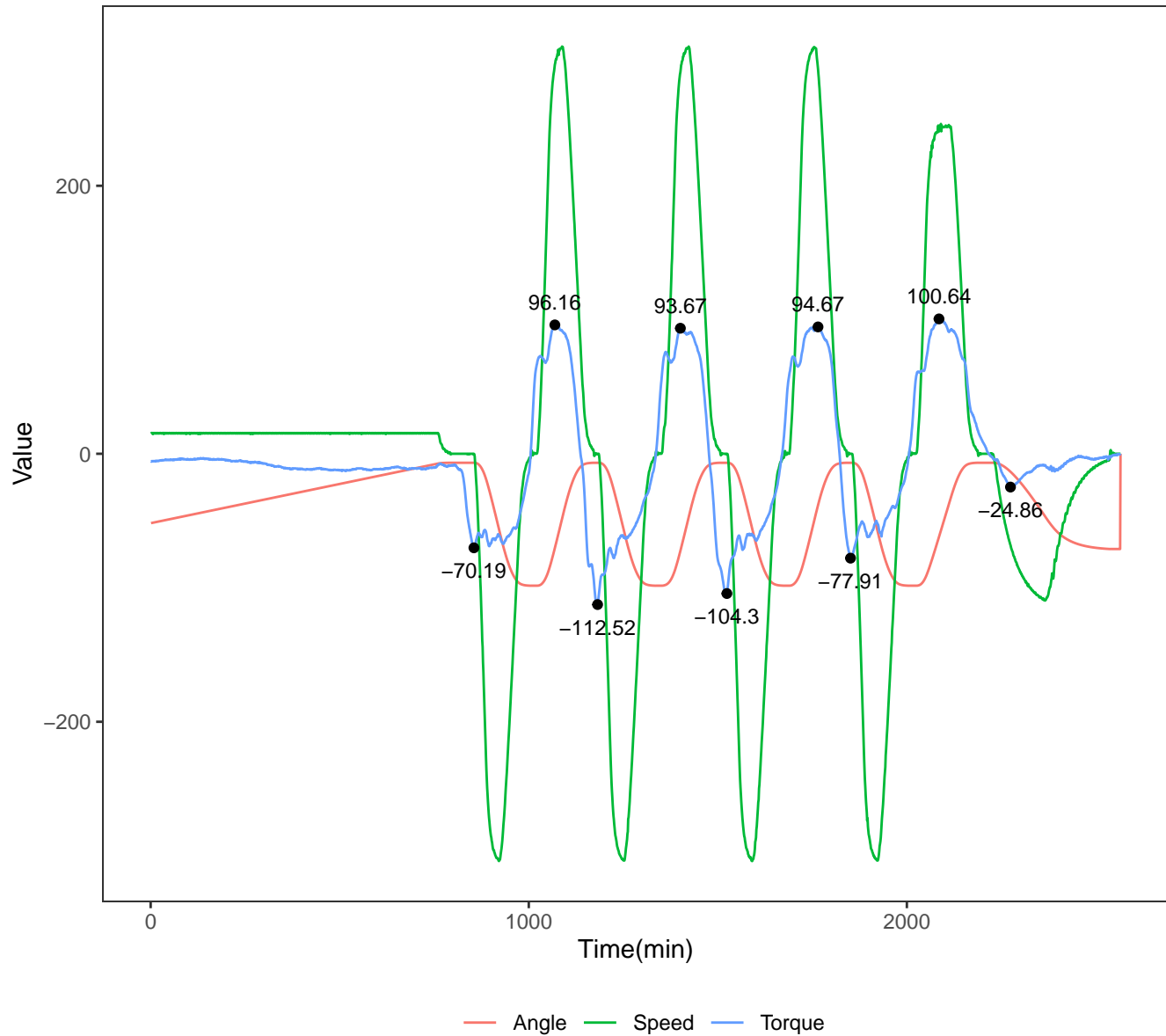
Speed: 180



File:

Exercise: After

Speed: 300



File:

Exercise: After

Speed: 300

