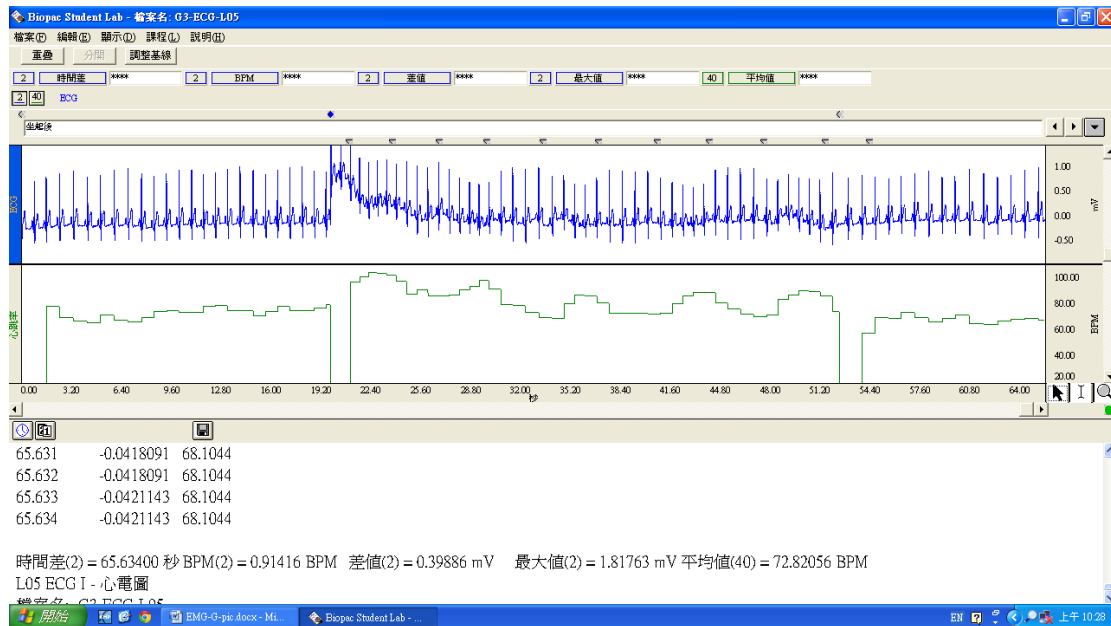


Spine , Seated (deep breathing) , Sitting(regular breathing)



After exercise

