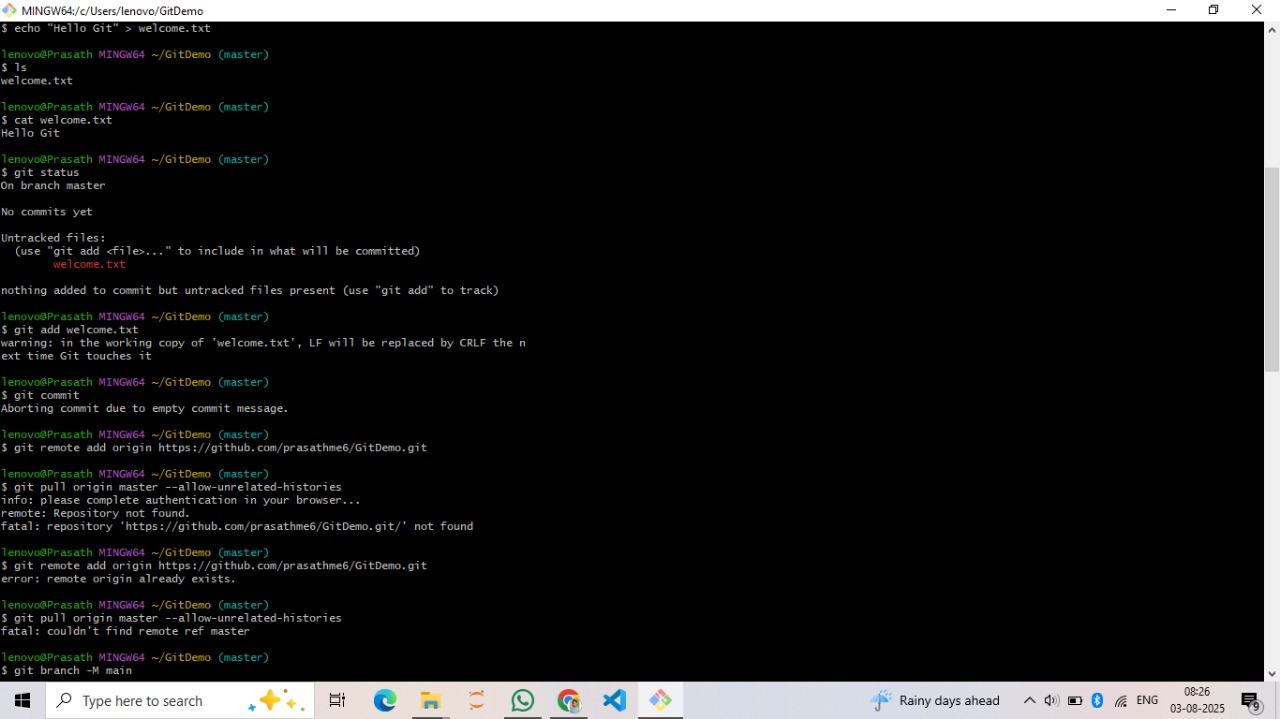
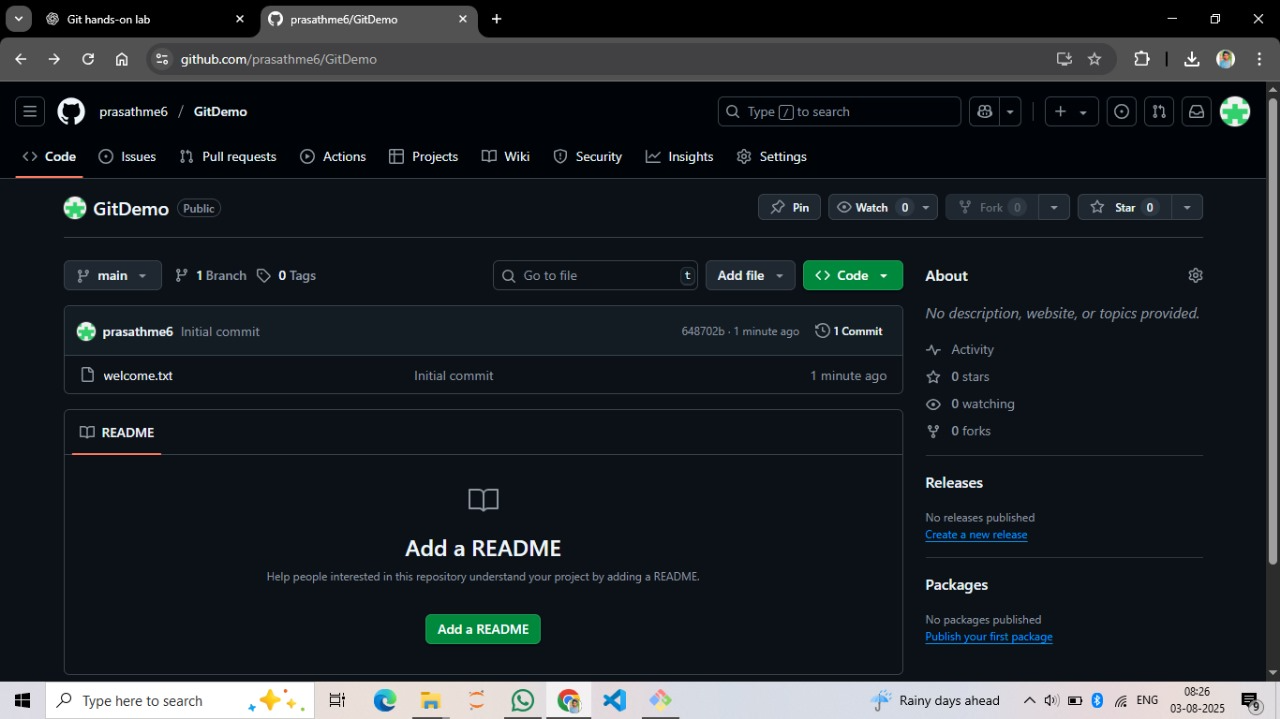
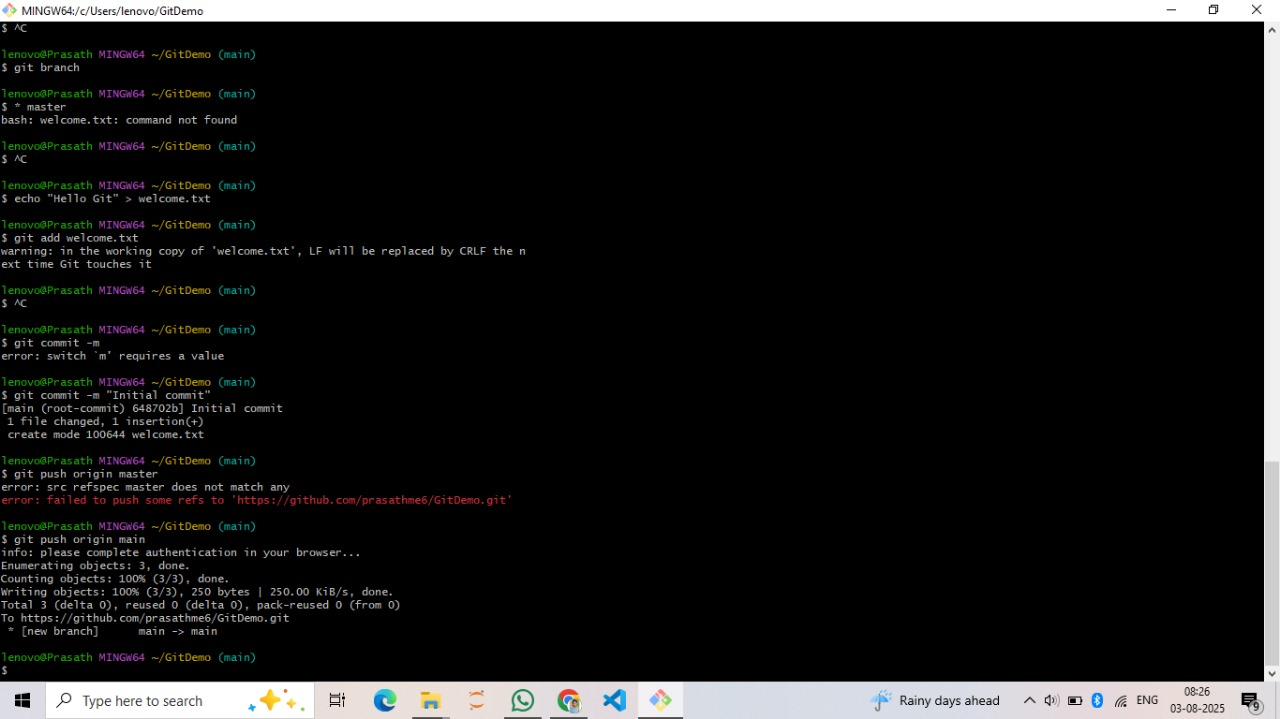
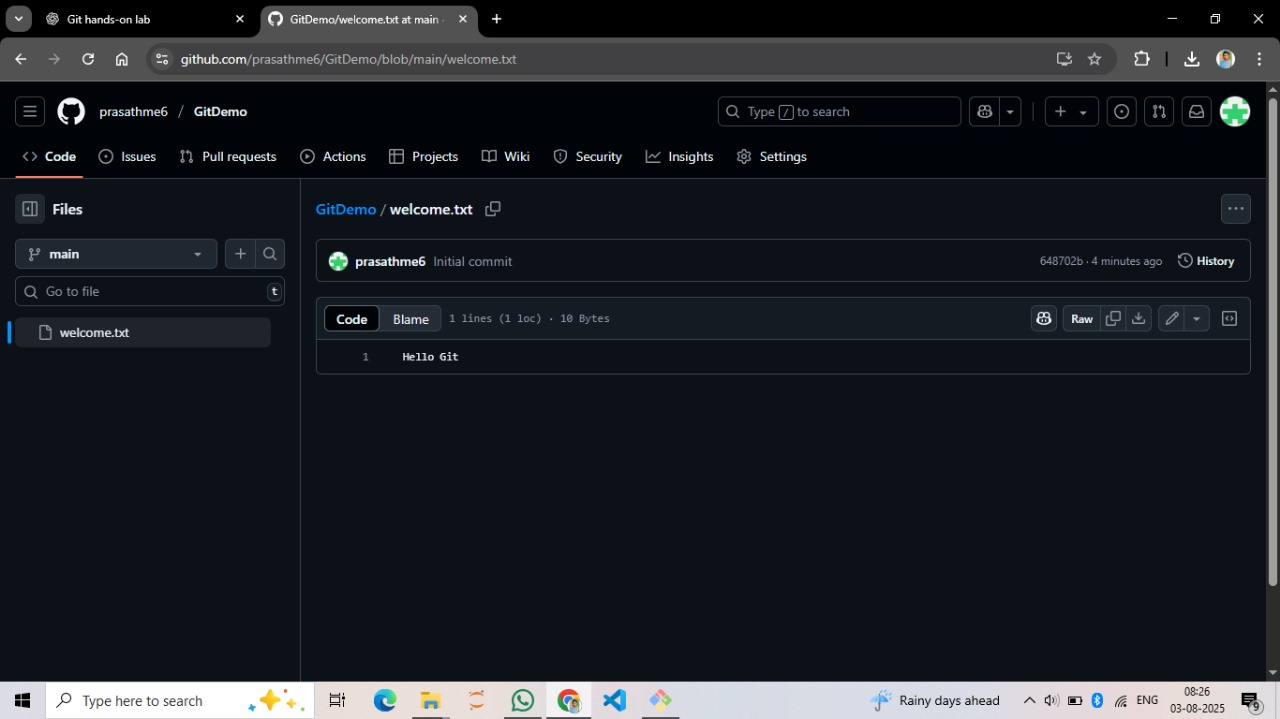
WEEK 8 HANDS ON EXERCISE:

EXERCISE 1:

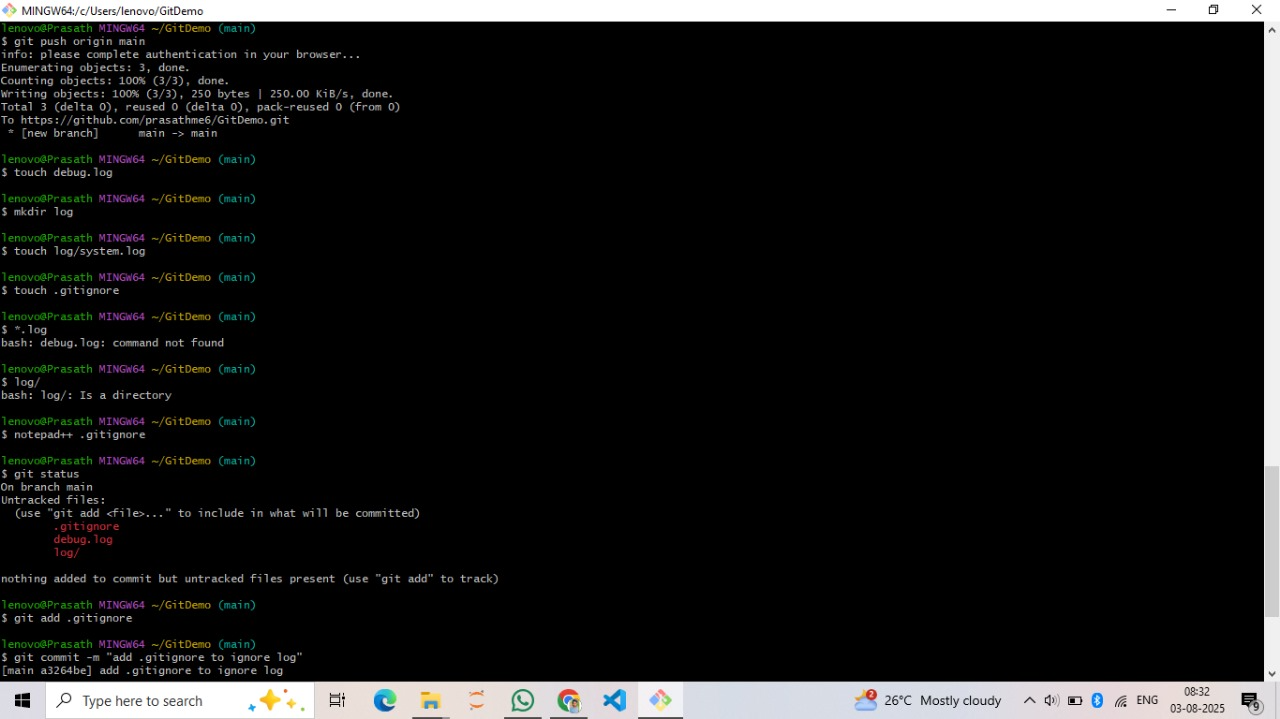


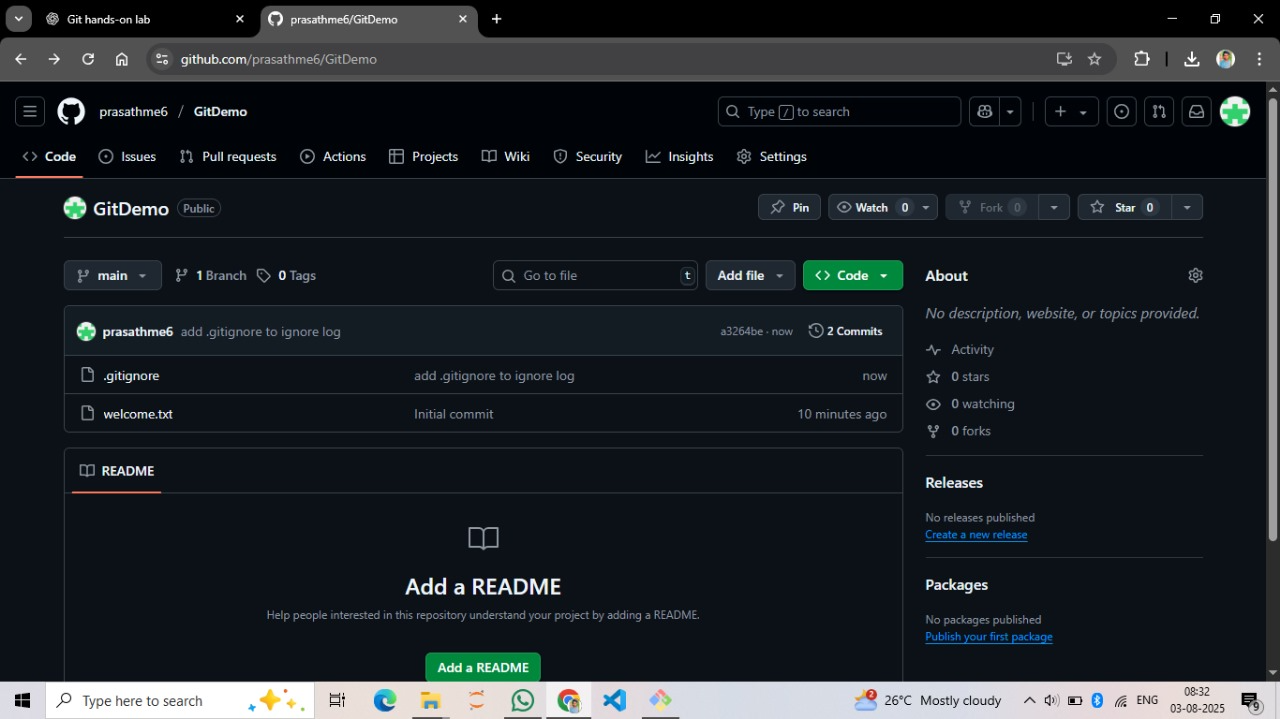






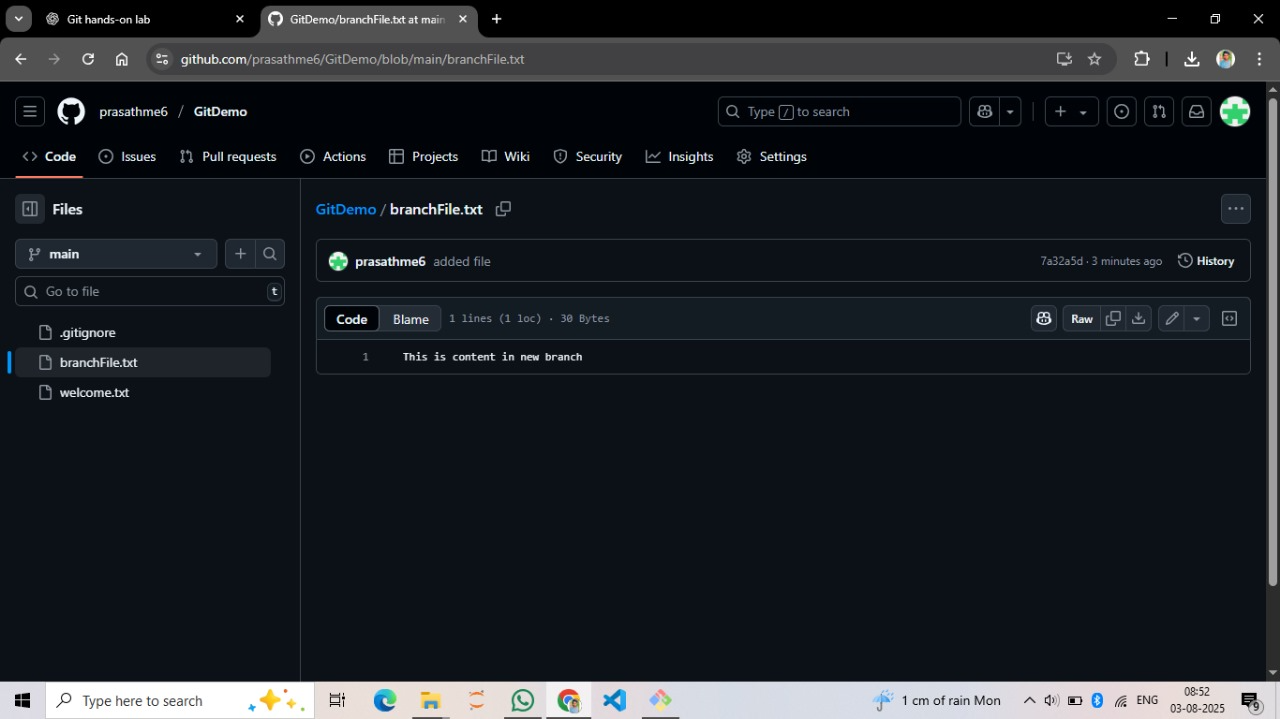
EXERCISE 2:

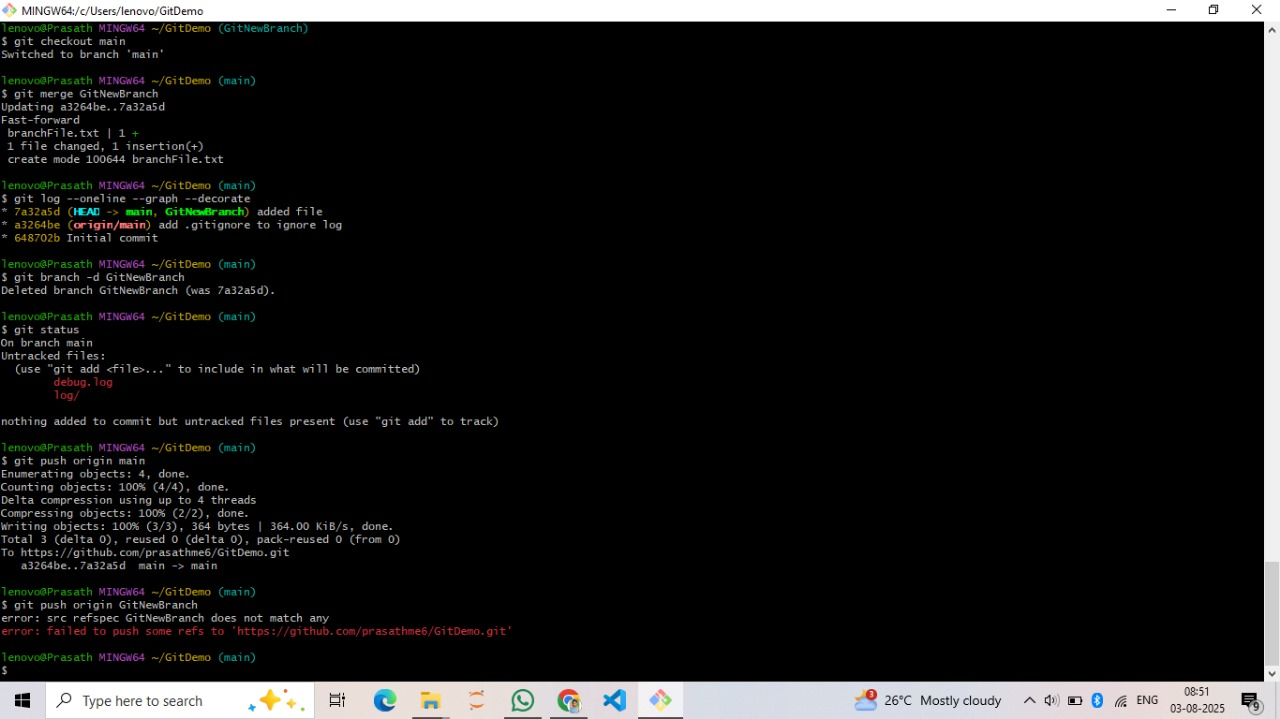


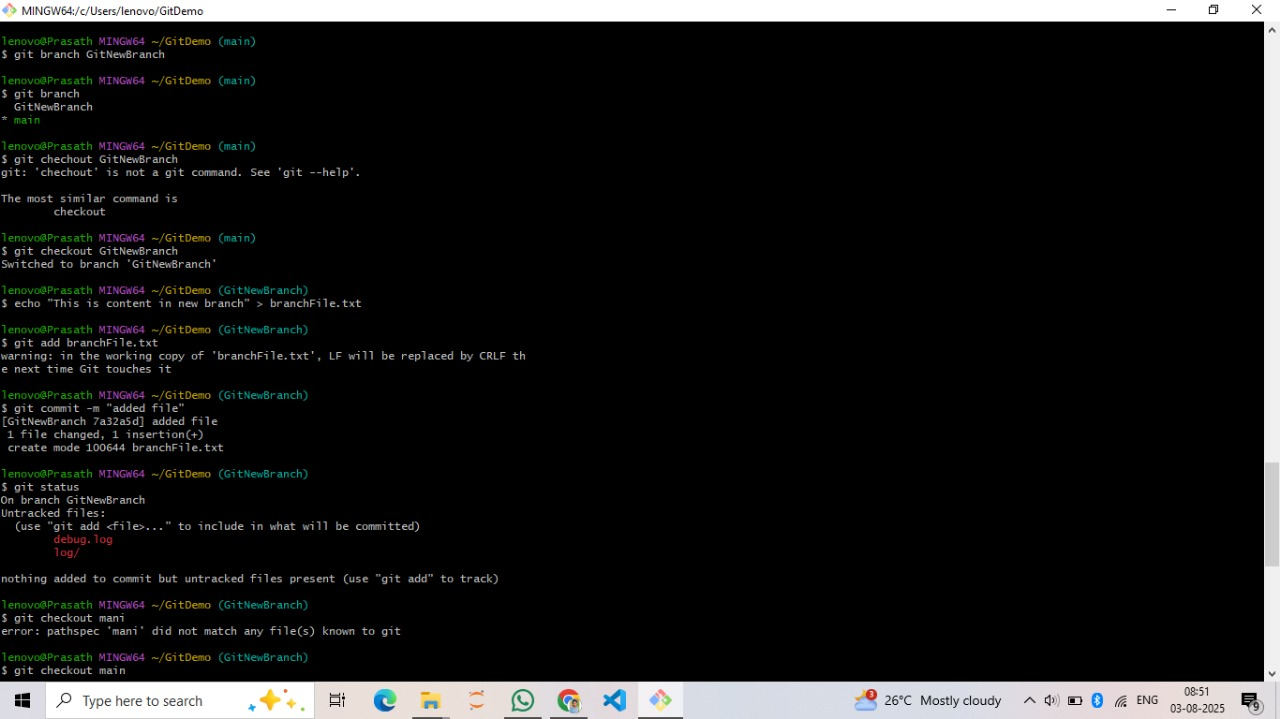


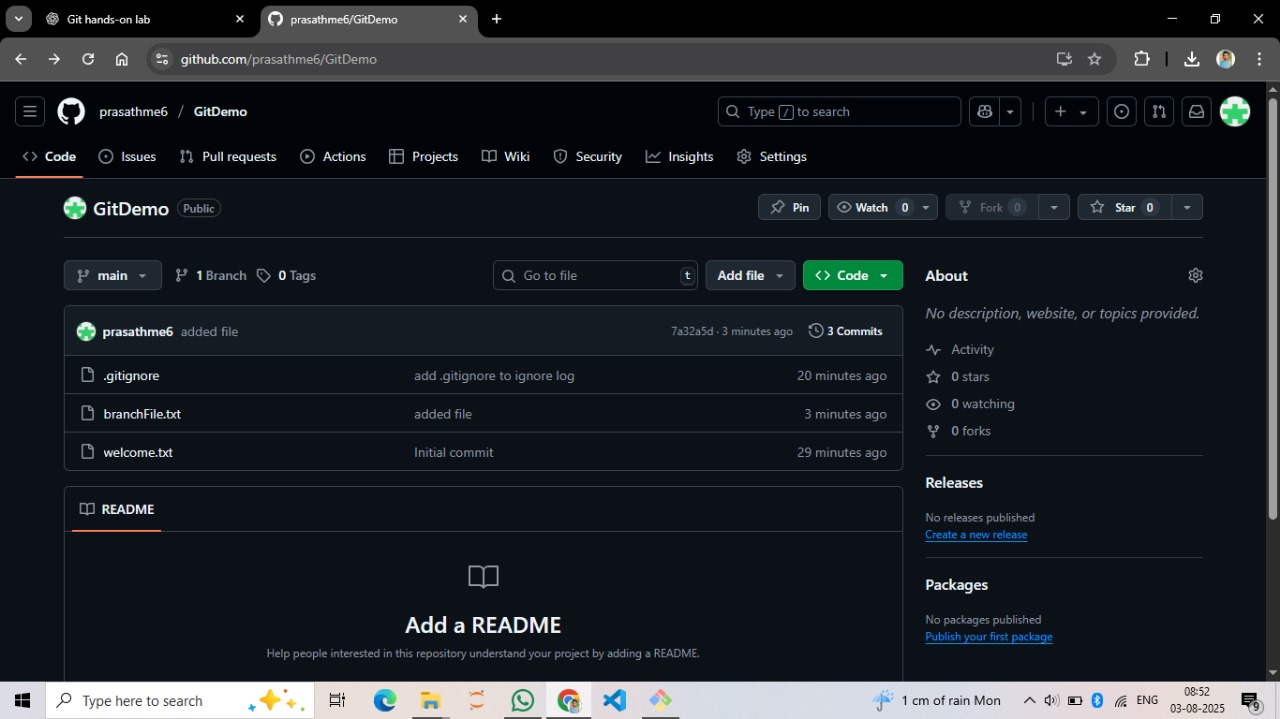


EXERCISE 3:

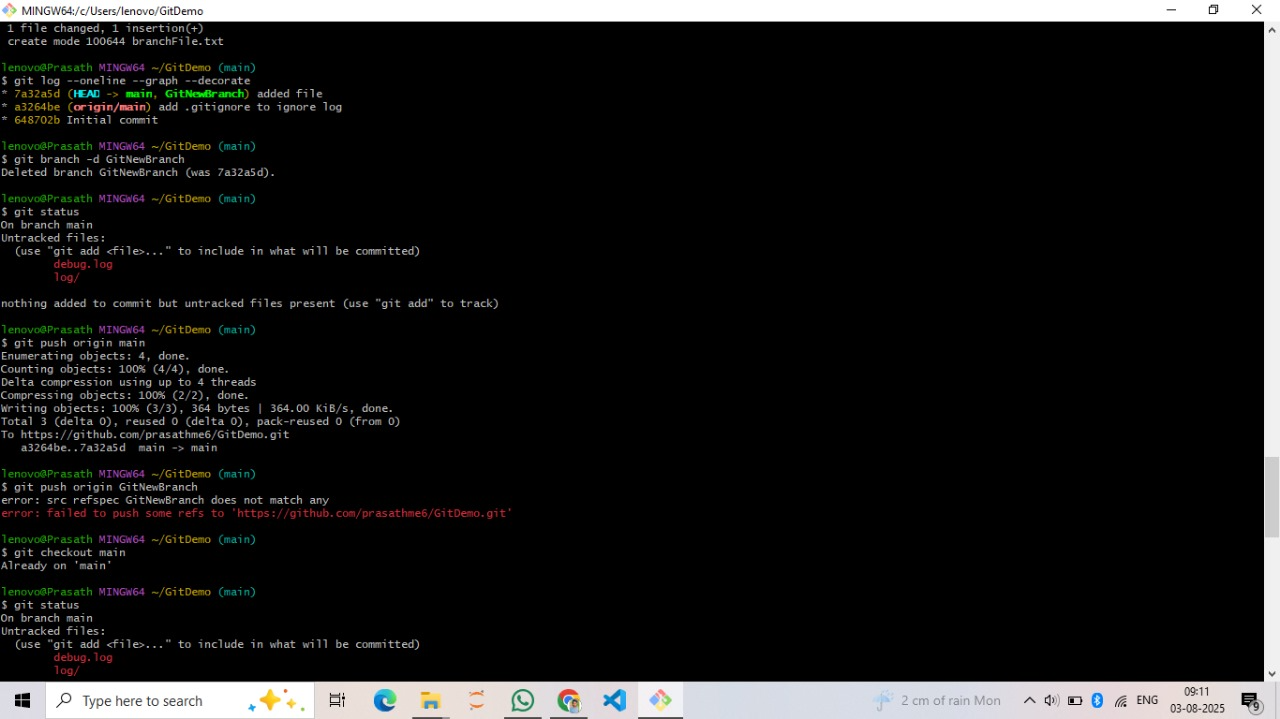


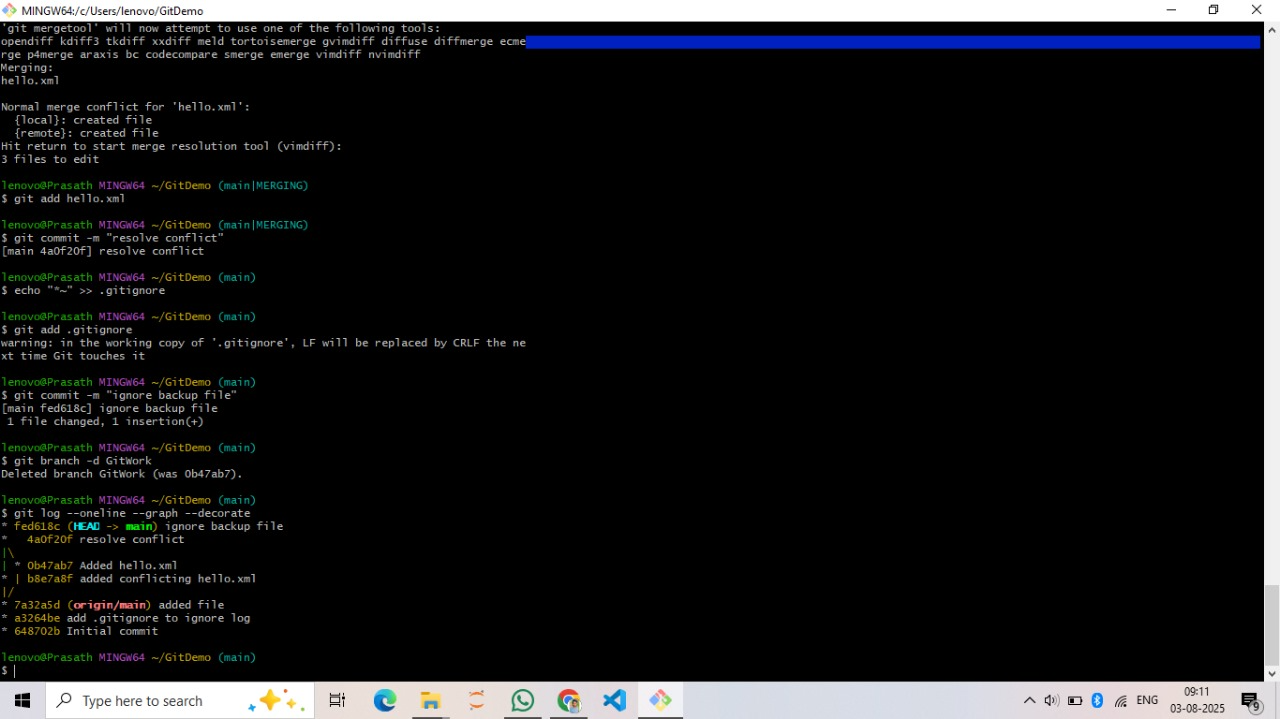






EXERCISE 4:





EXERCISE 5:

