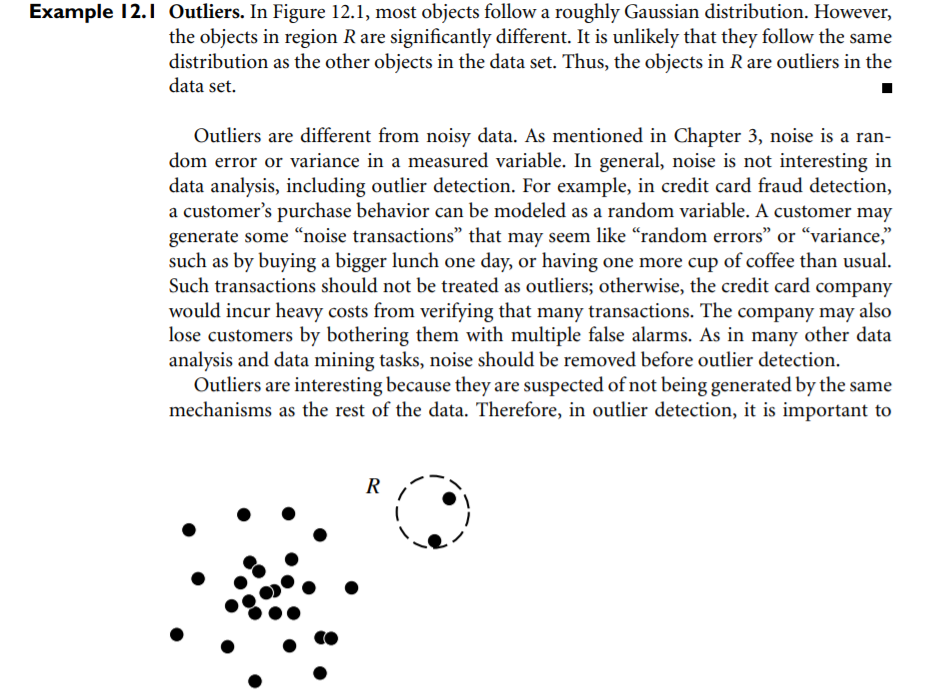
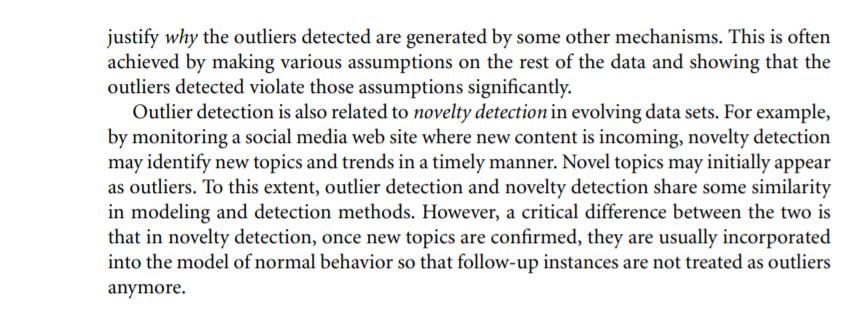
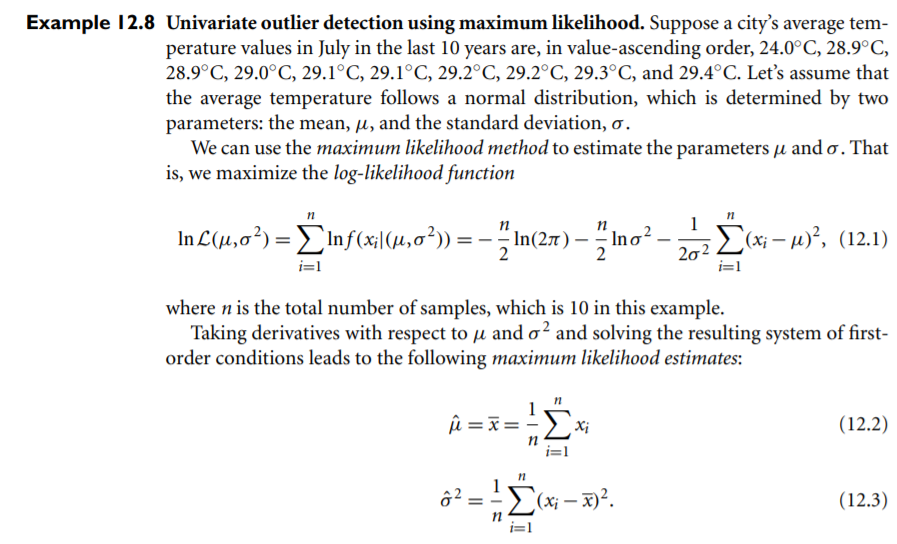
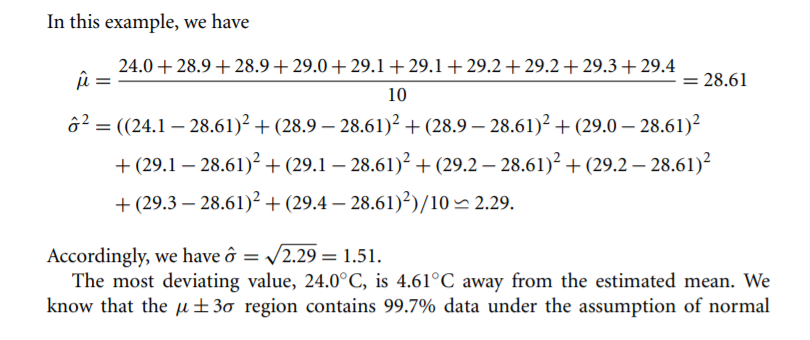
**Recommended Excercises**

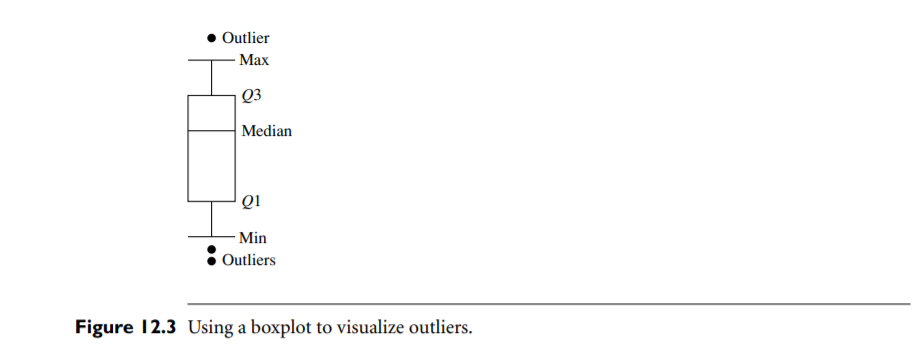


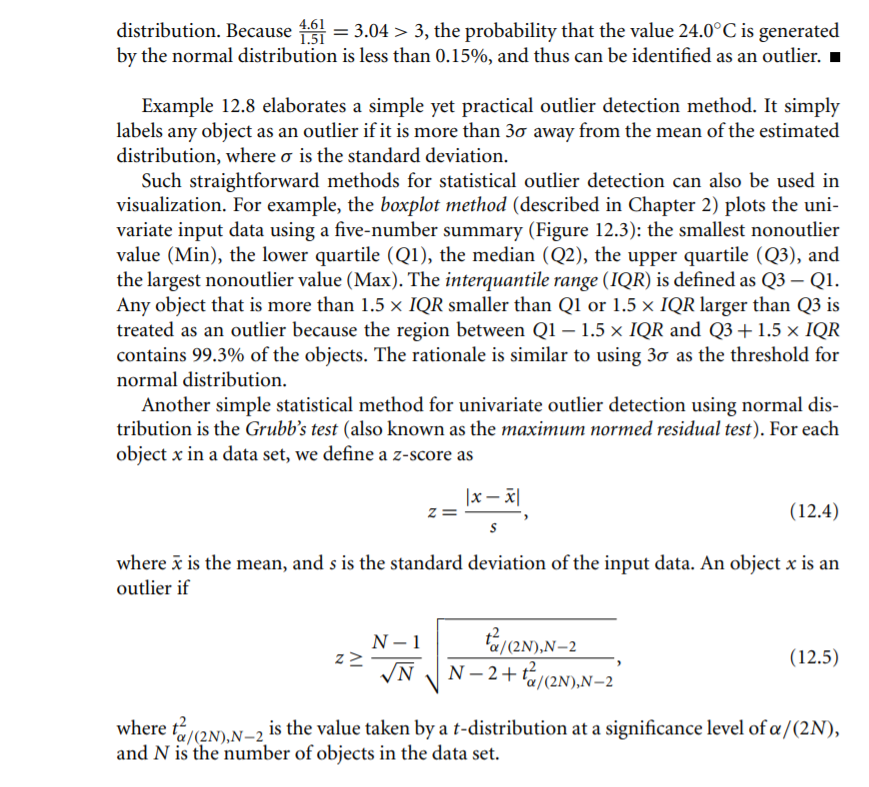


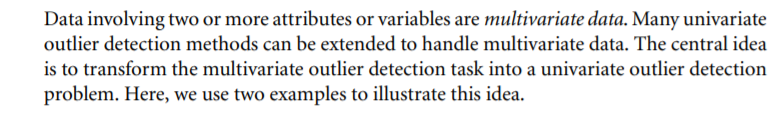


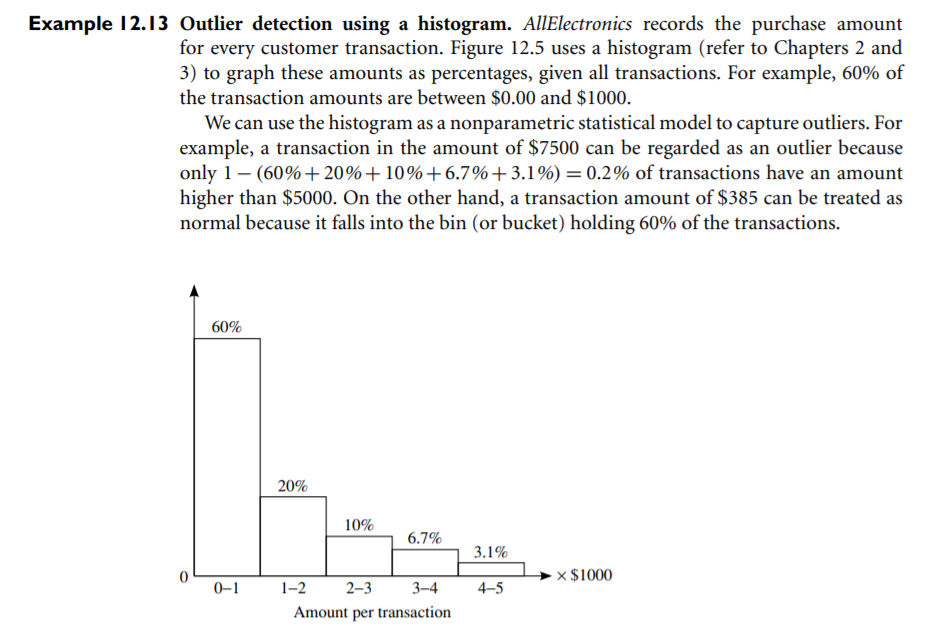


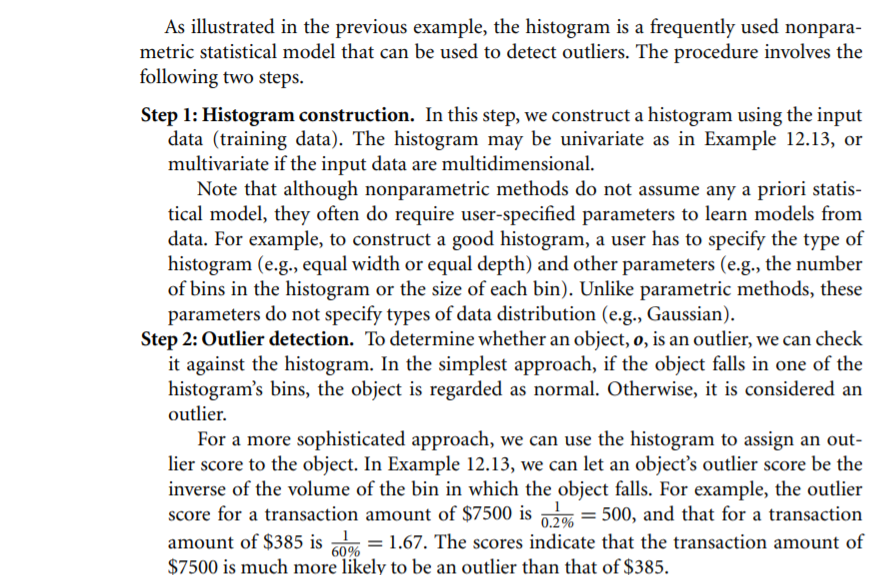


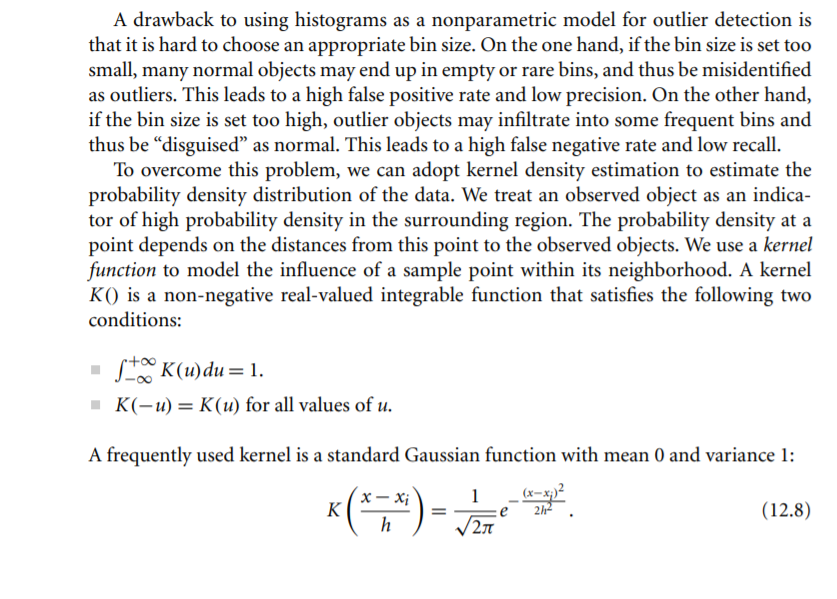


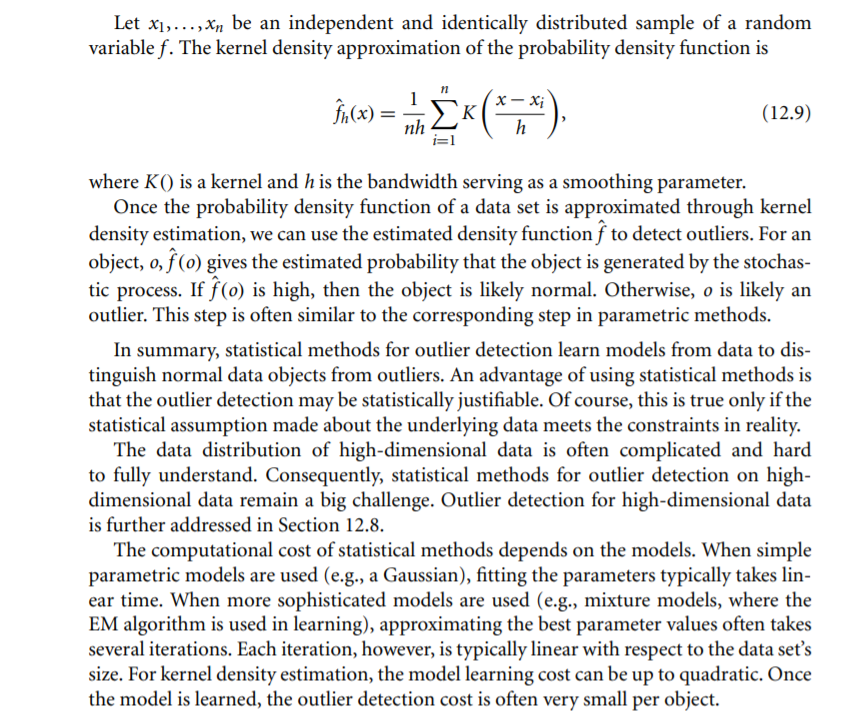












**EXCERCISES**

