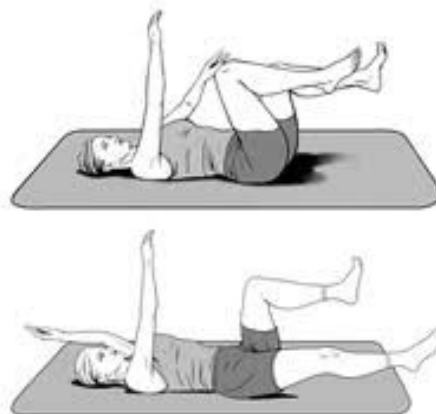




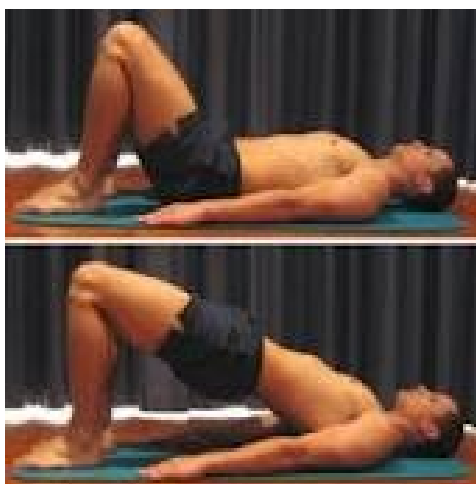
3 sets of 10



3 sets of ten



3 sets of ten



3 sets of ten



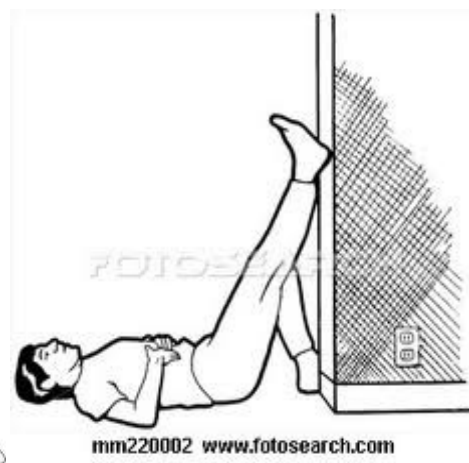
3 times for 20-30 seconds



2-3 times for 20- 30 seconds



6 times for six seconds



move closer to wall every minute for 5 minutes