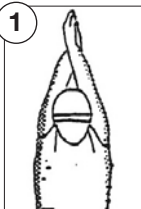


BEFORE WORK



HSCM



1
HOLD : 5-8 SEC
REPEAT : X3



2
H : 10 SEC
R : X2



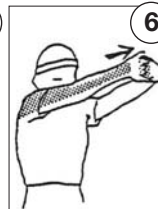
3
H : 15 SEC
R : X3



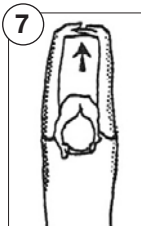
4
H : 20 SEC
R : X3



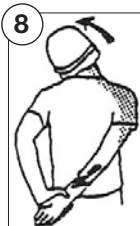
5
H : 10 SEC



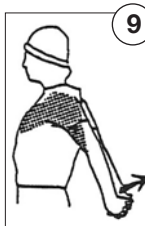
6
H : 15 SEC
R : X3



7
H : 15 SEC
R : X3



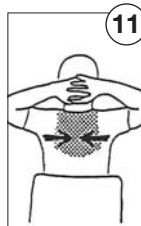
8
H : 10 SEC
R : X3



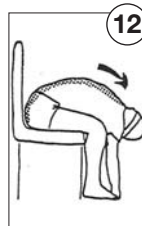
9
H : 10 SEC
R : X3



10
H : 15 SEC
R : X2



11
H : 10 SEC
R : X5

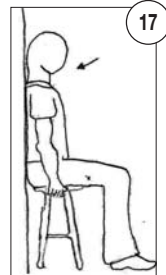
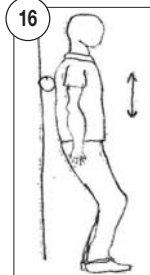
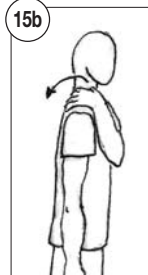
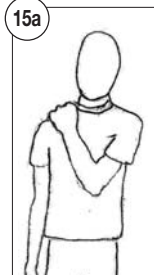


12
H : 20 SEC
R : X3



13
H : 10 SEC
R : X3

DURING DAY



AT HOME

