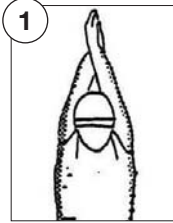
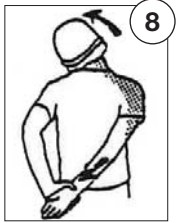


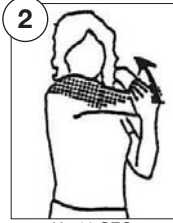
BEFORE WORK



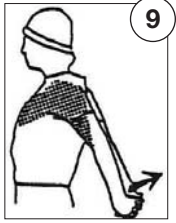
HOLD : 5-8 SEC
REPEAT : X3



H : 10 SEC
R : X3



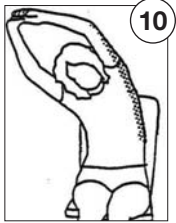
H : 10 SEC
R : X2



H : 10 SEC
R : X3



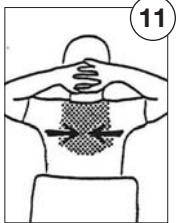
H : 15 SEC
R : X3



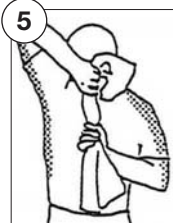
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R : X2



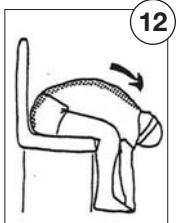
H : 20 SEC
R : X3



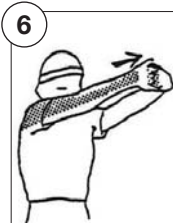
H : 10 SEC
R : X5



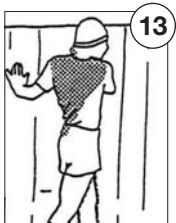
H : 10 SEC



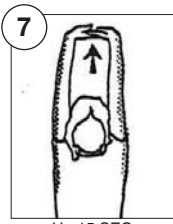
H : 20 SEC
R : X3



H : 15 SEC
R : X3



H : 10 SEC
R : X3



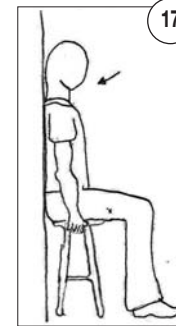
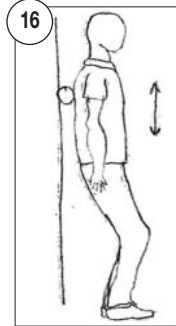
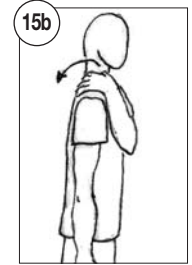
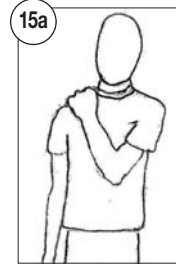
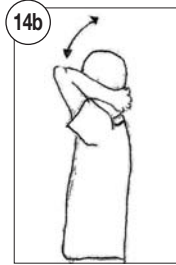
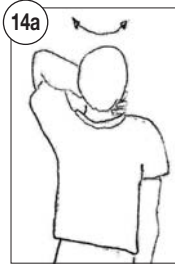
H : 15 SEC
R : X3



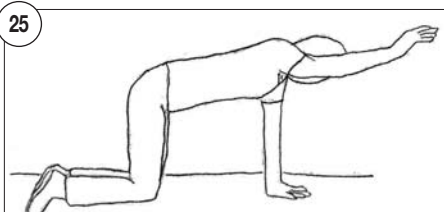
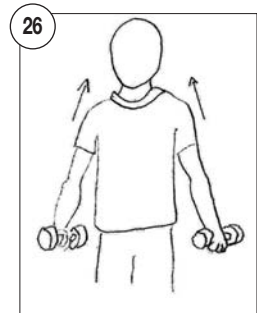
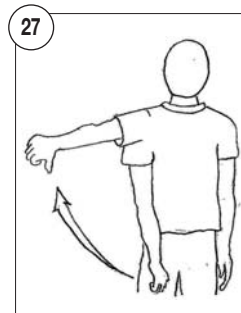
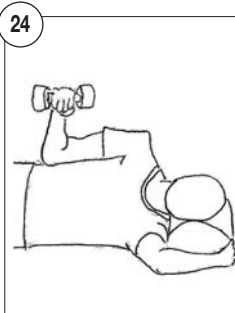
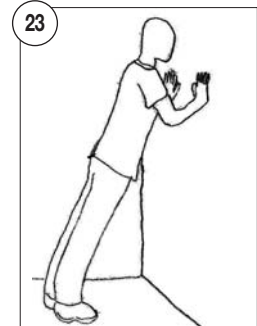
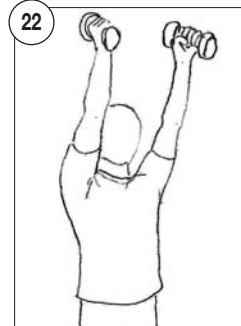
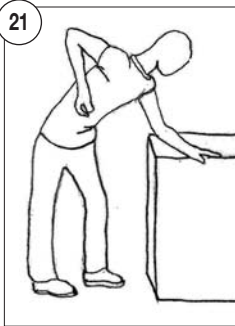
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