

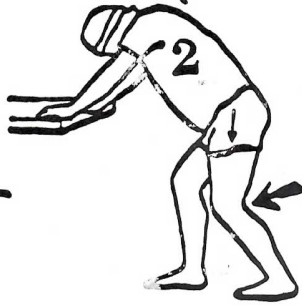
Before

Running

Approximately 9 Minutes



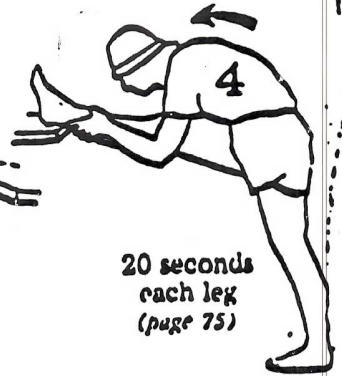
30 seconds
each leg
(page 71)



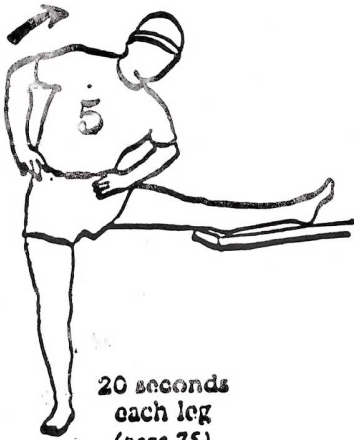
15 seconds
each leg
(page 71)



20 seconds
each leg
(page 73)



20 seconds
each leg
(page 75)



20 seconds
each leg
(page 75)



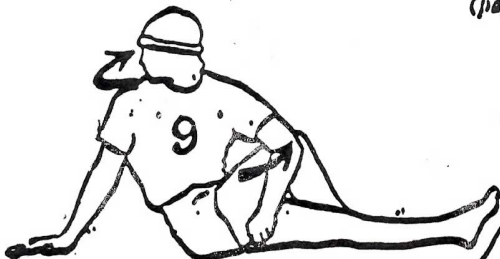
20 seconds
each leg
(page 74)



30 seconds
(page 65)



30 seconds
(page 56)



15 seconds
each side
(page 59)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 41)



20 seconds
(page 44)