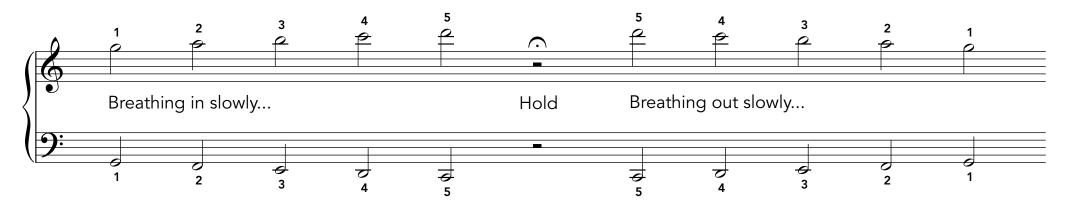
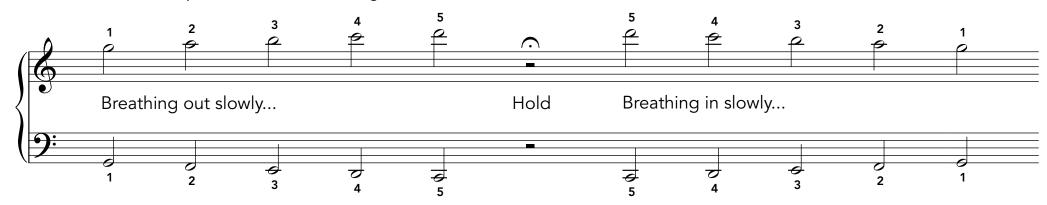
EXERCISE ONE

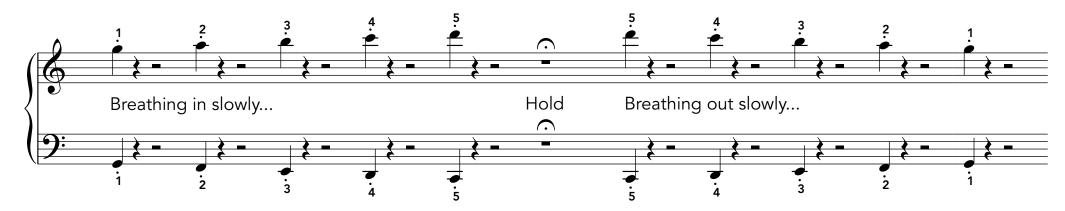


EXERCISE TWO

Take a deep breath before starting...



EXERCISE THREE



EXERCISE FOUR

Take a deep breath before starting...

