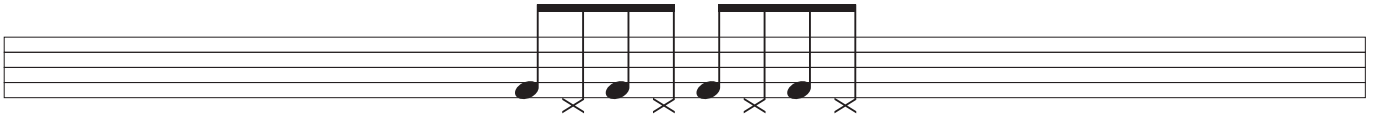
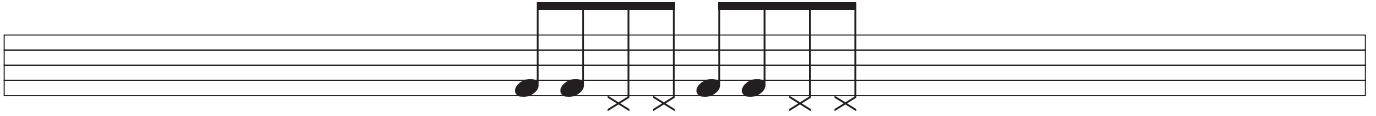


Feet control

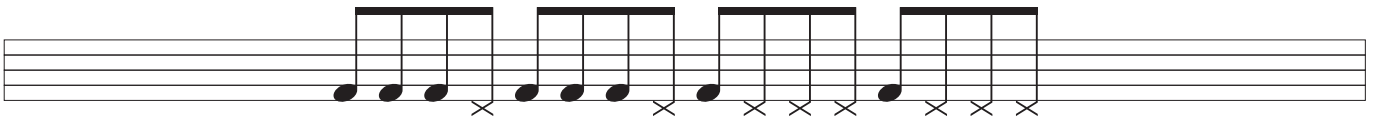
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4



EXERCISE 5



EXERCISE 6



EXERCISE 7



EXERCISE 8



EXERCISE 9

