

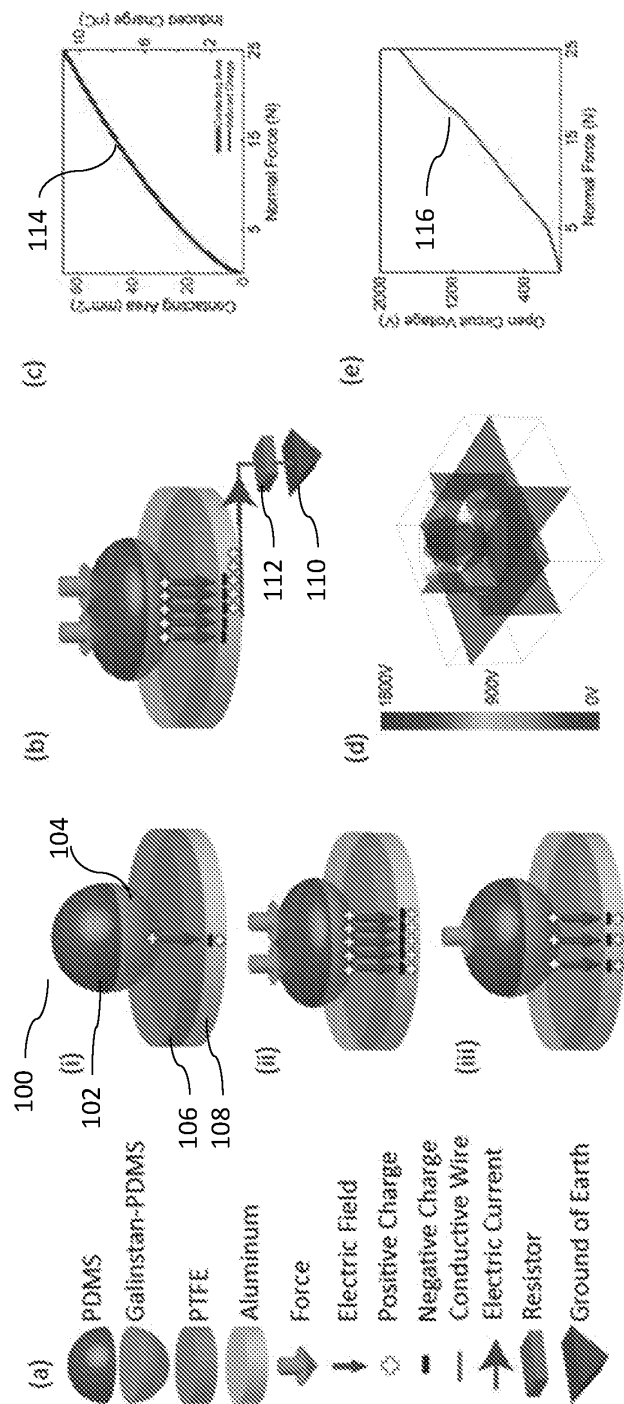


Figure 1A

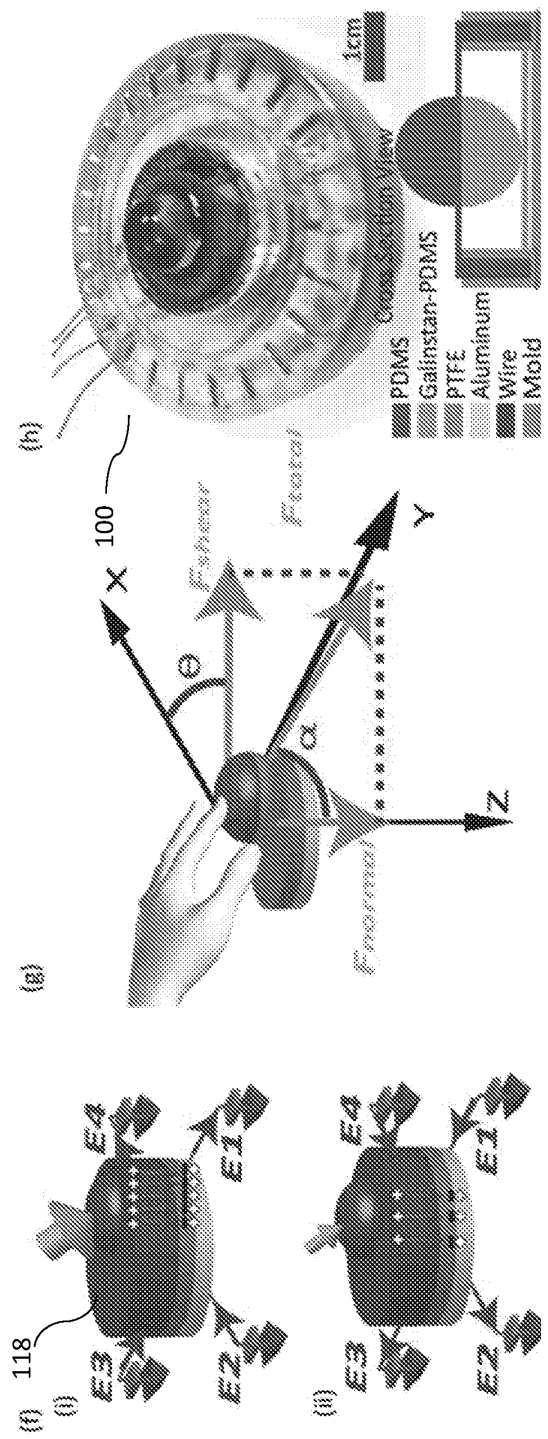


Figure 1B

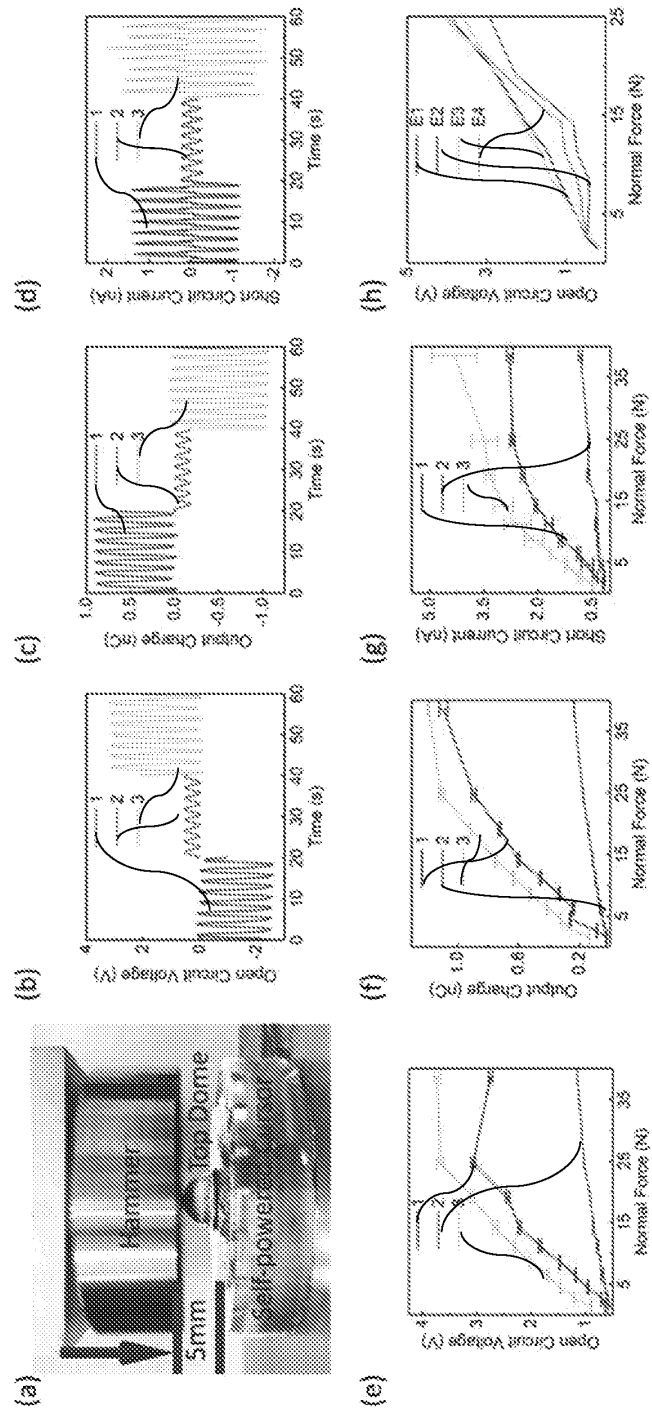


Figure 2

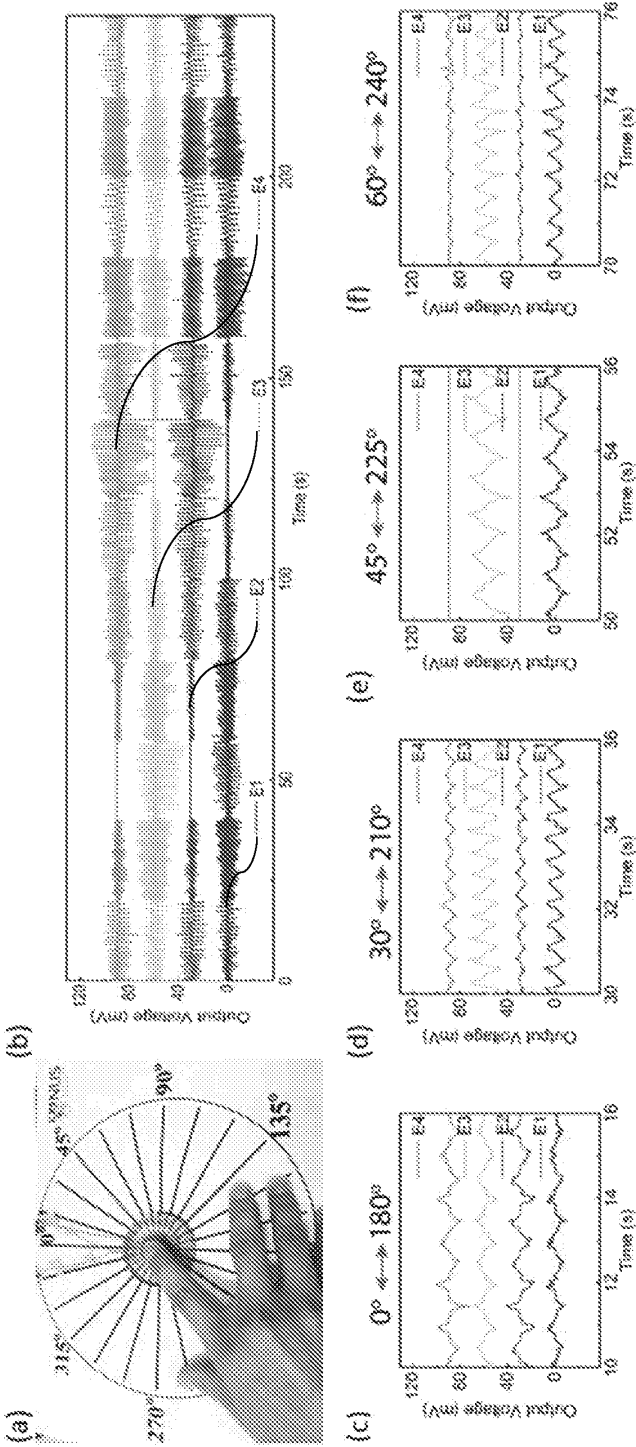


Figure 3A

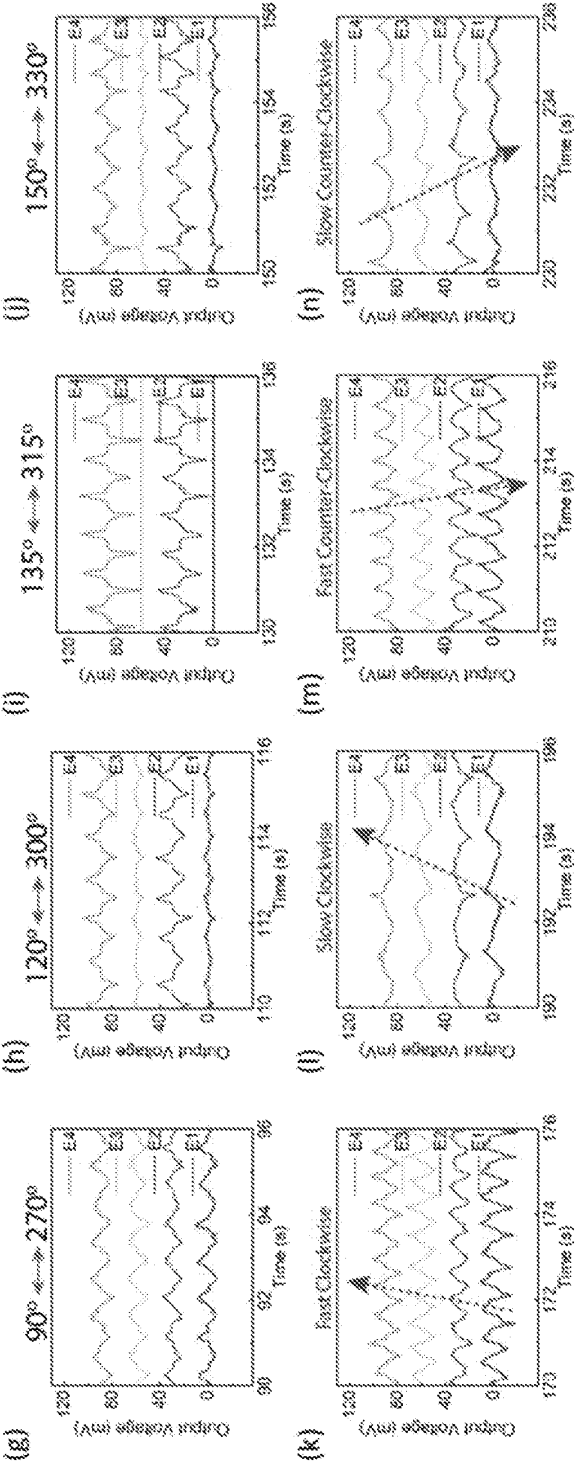


Figure 3B

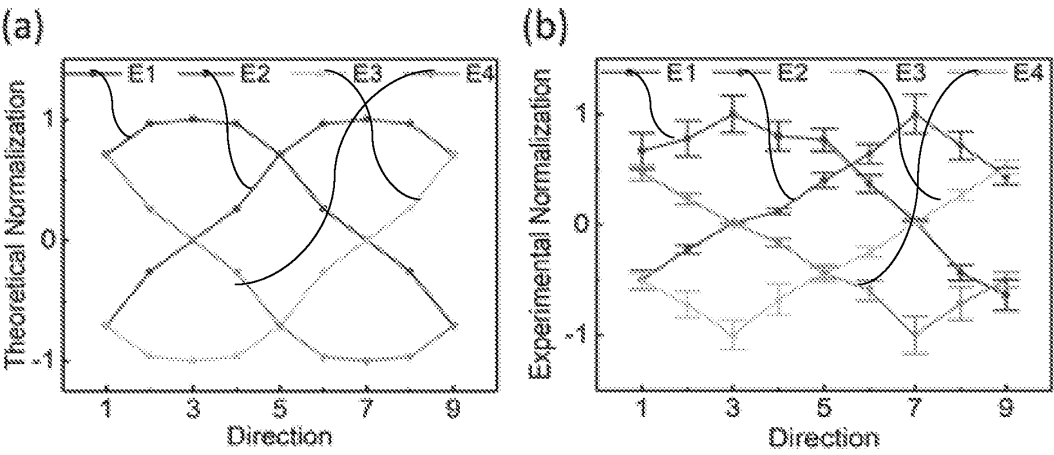


Figure 4

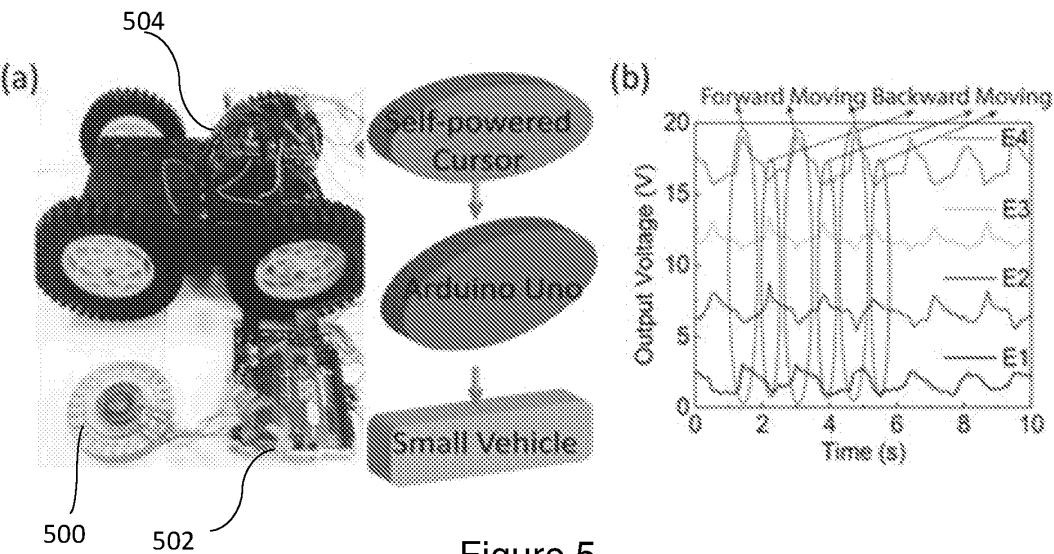


Figure 5

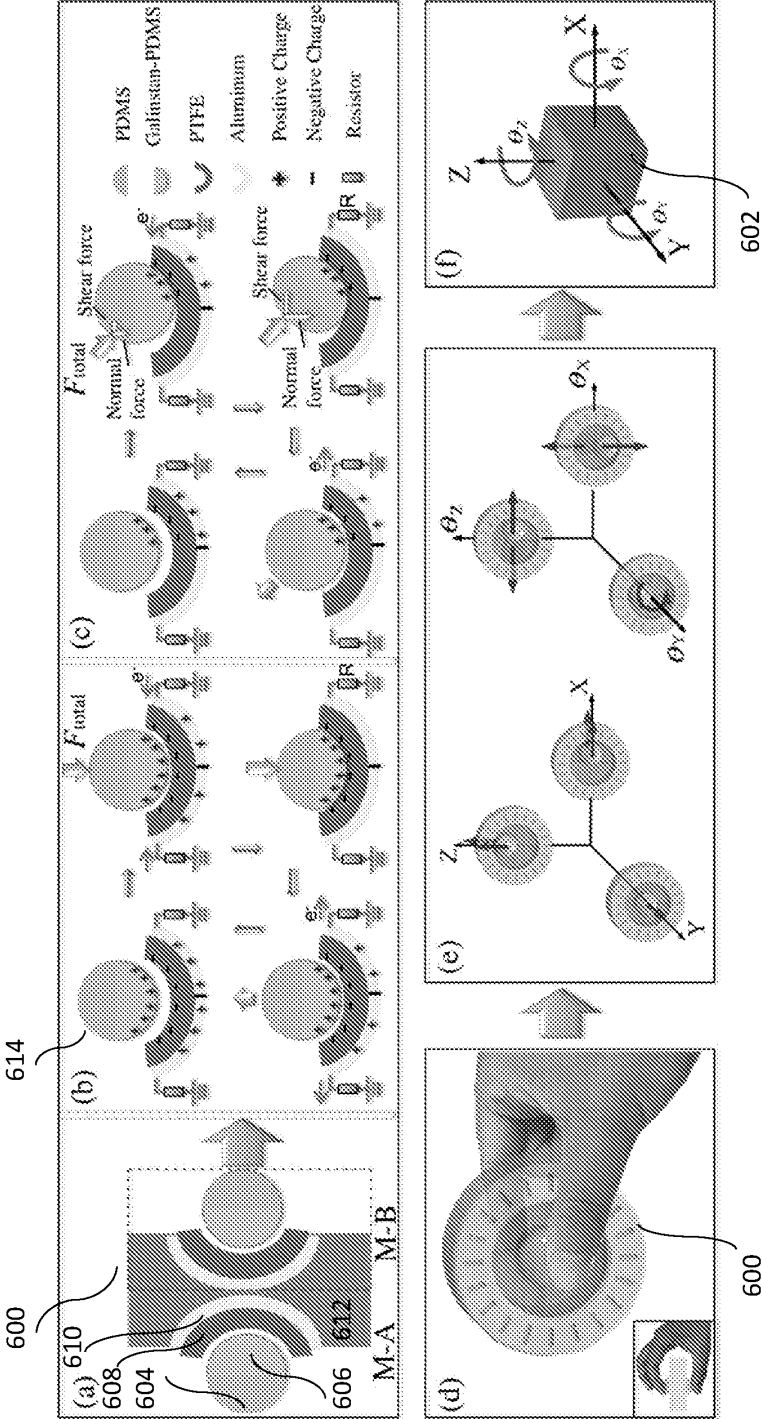


Figure 6

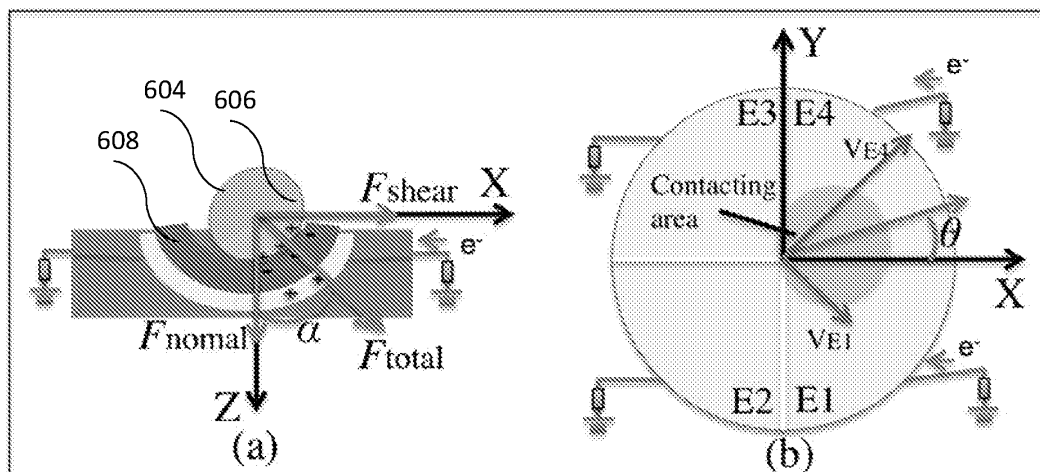


Figure 7

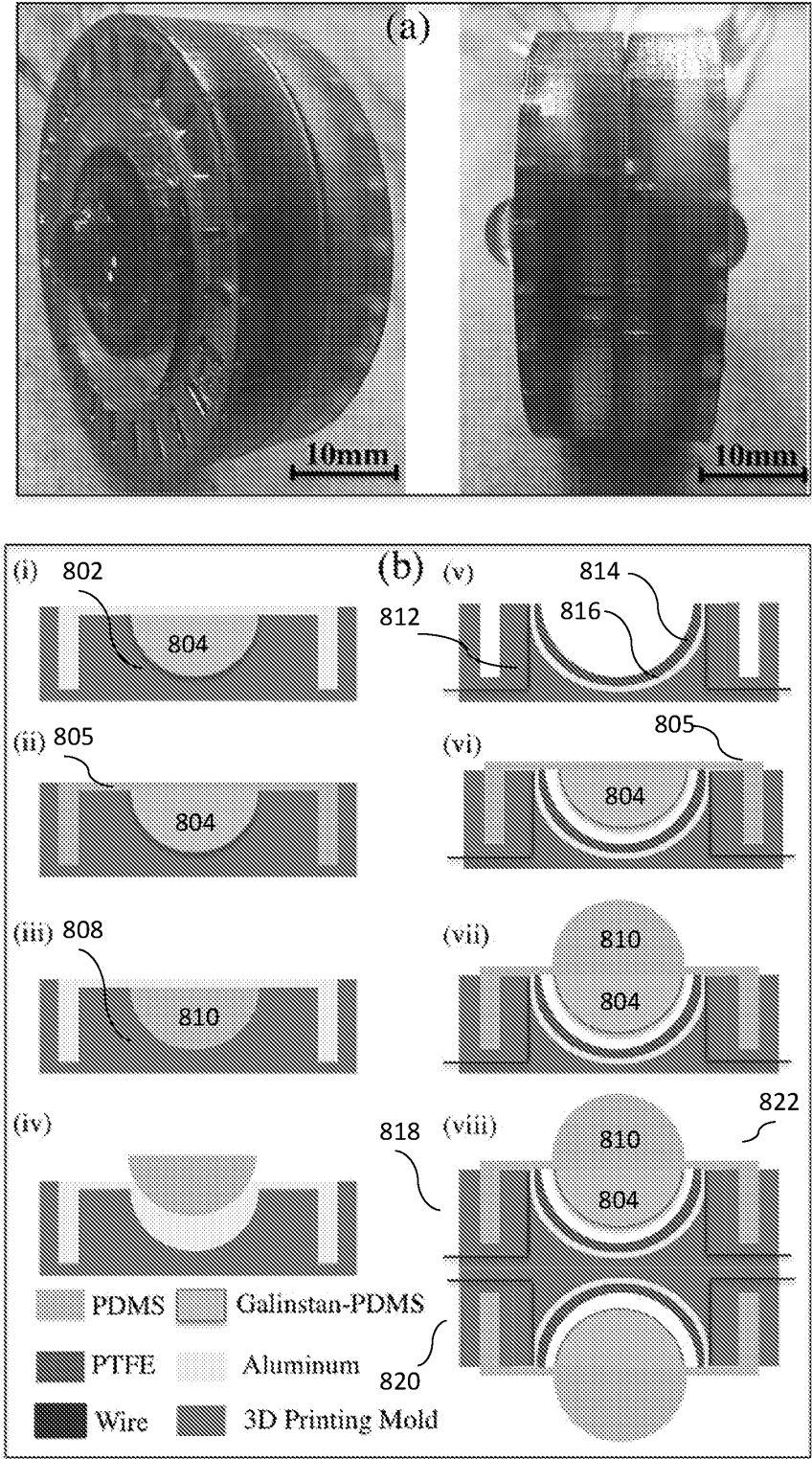


Figure 8

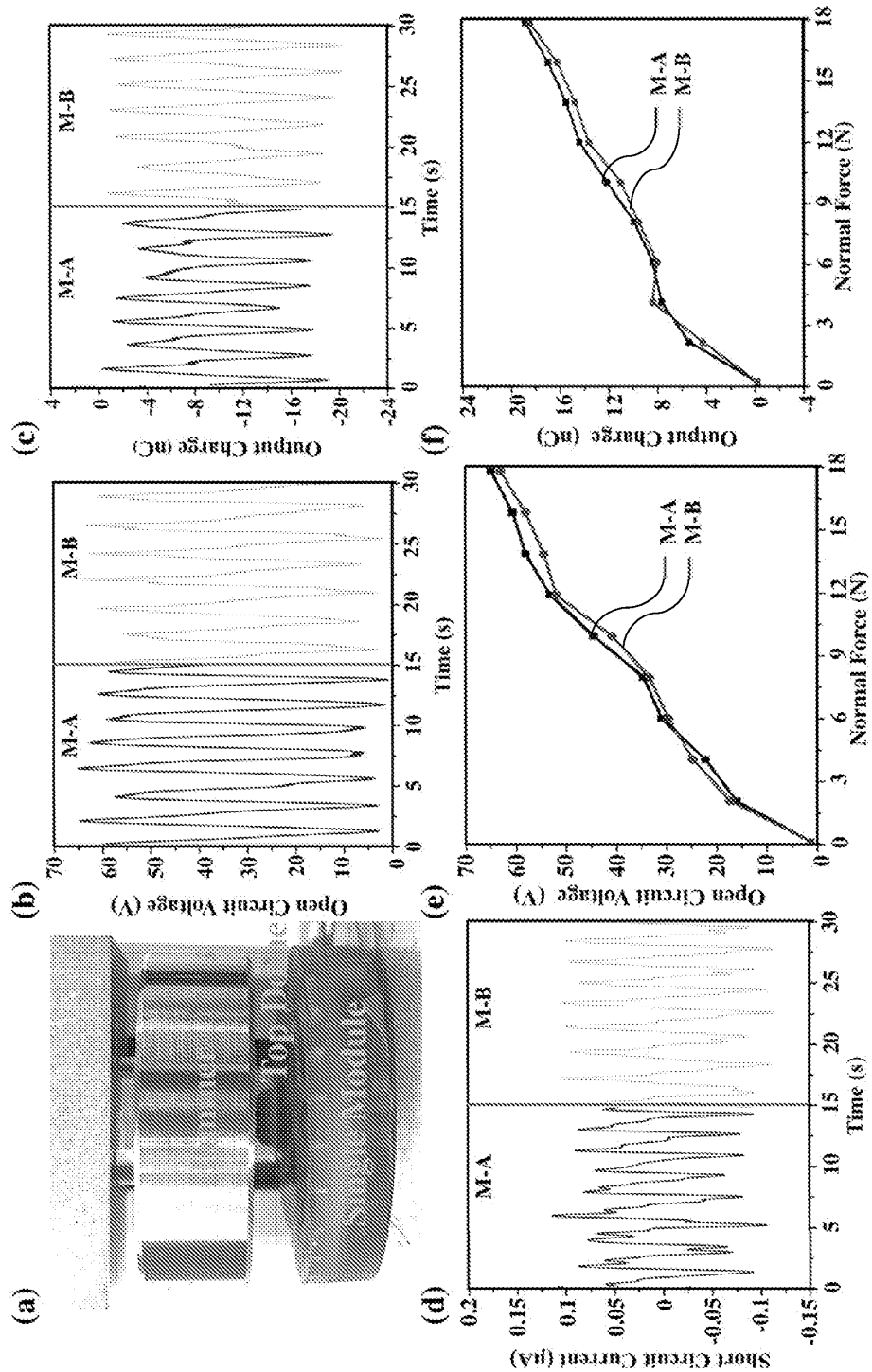


Figure 9A

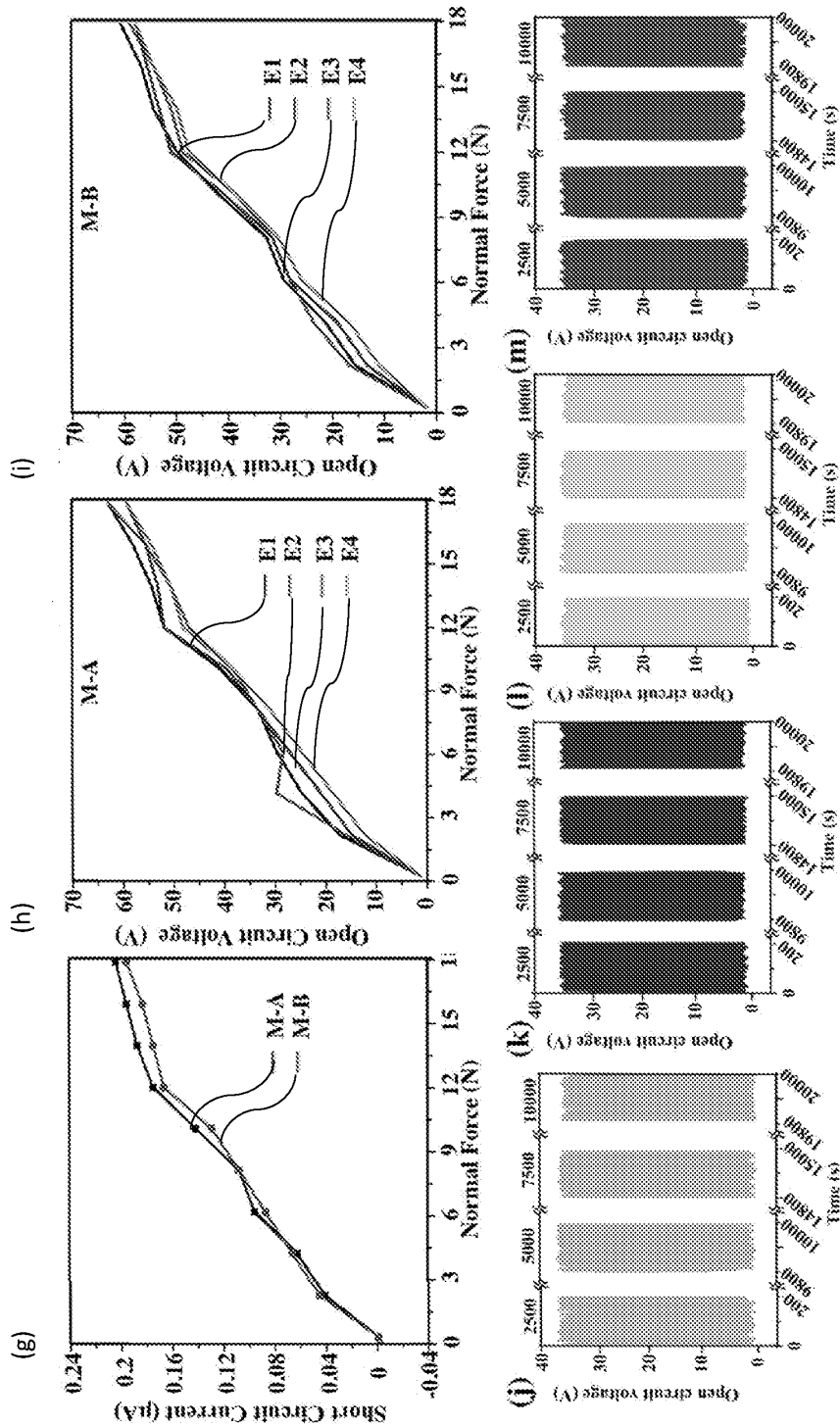


Figure 9B

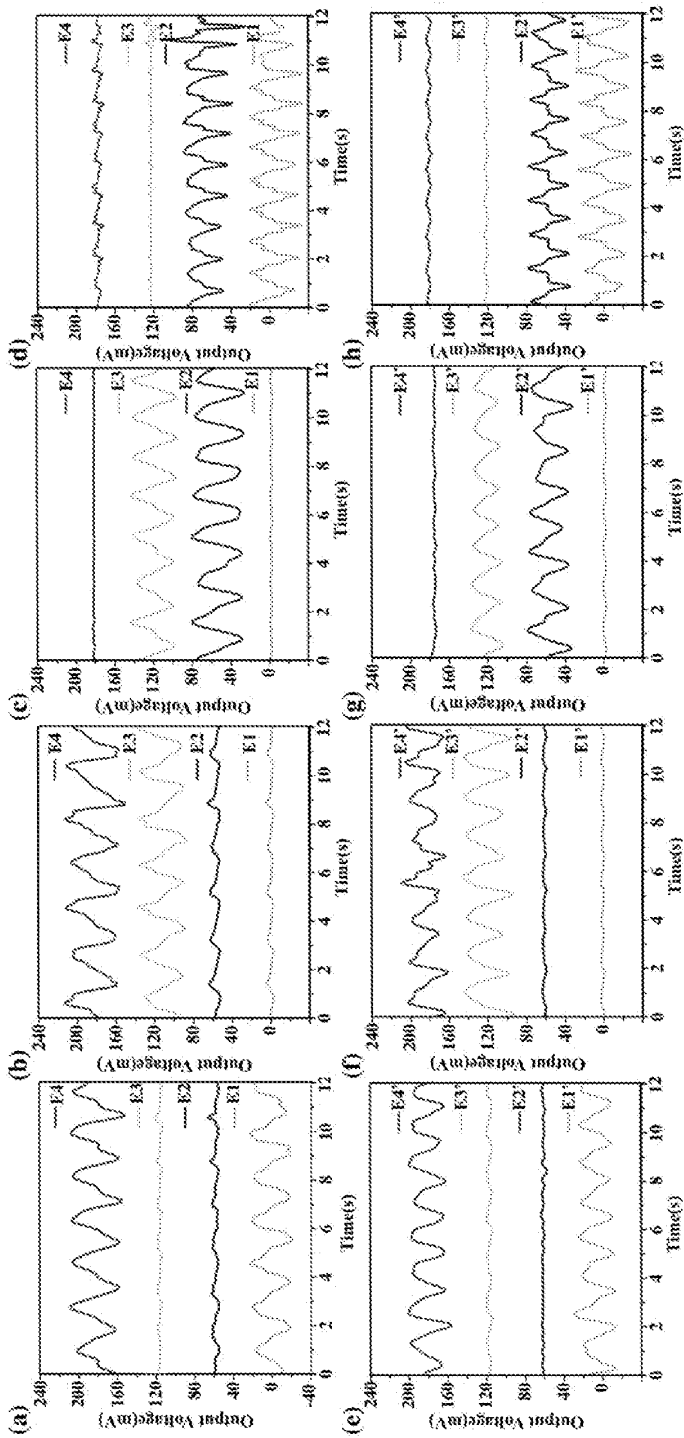


Figure 10

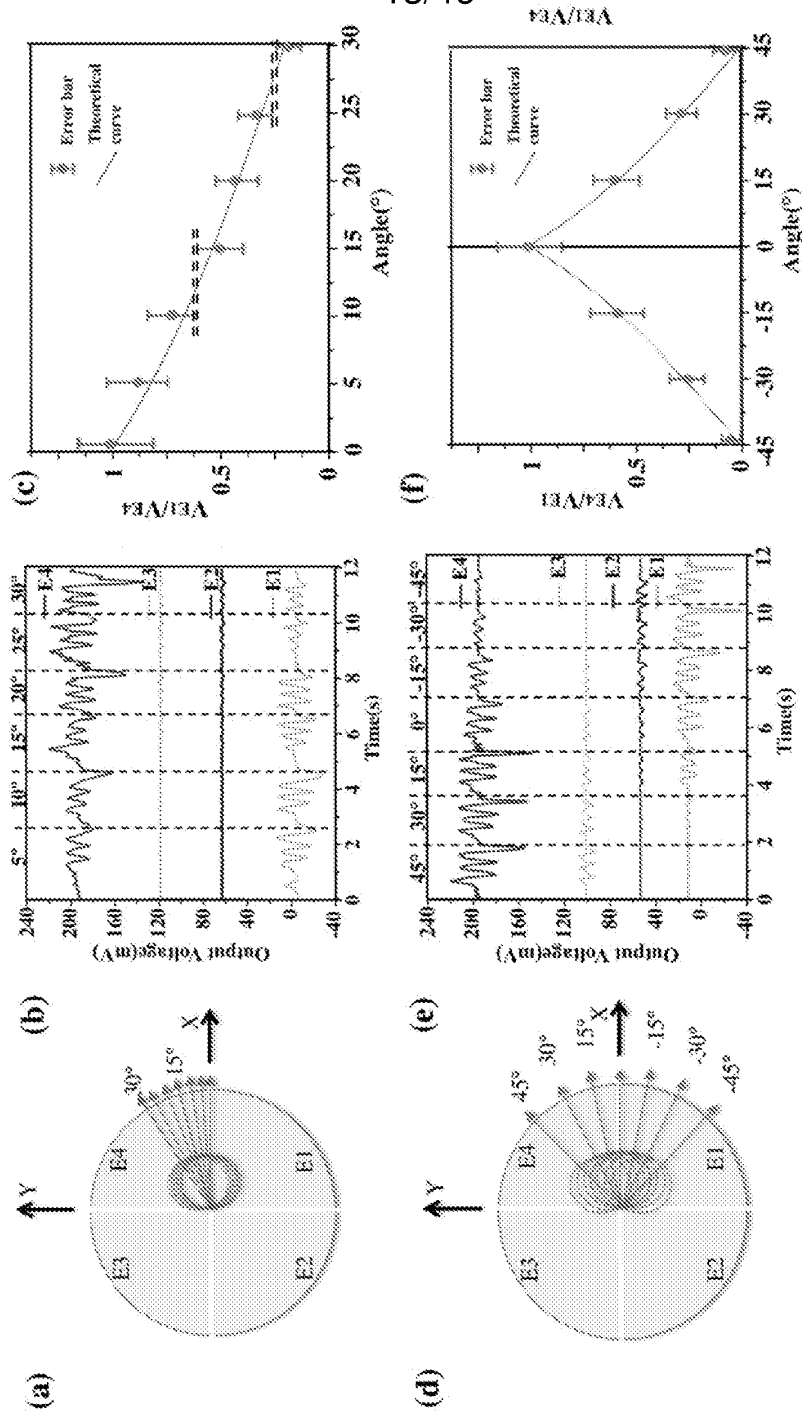


Figure 11

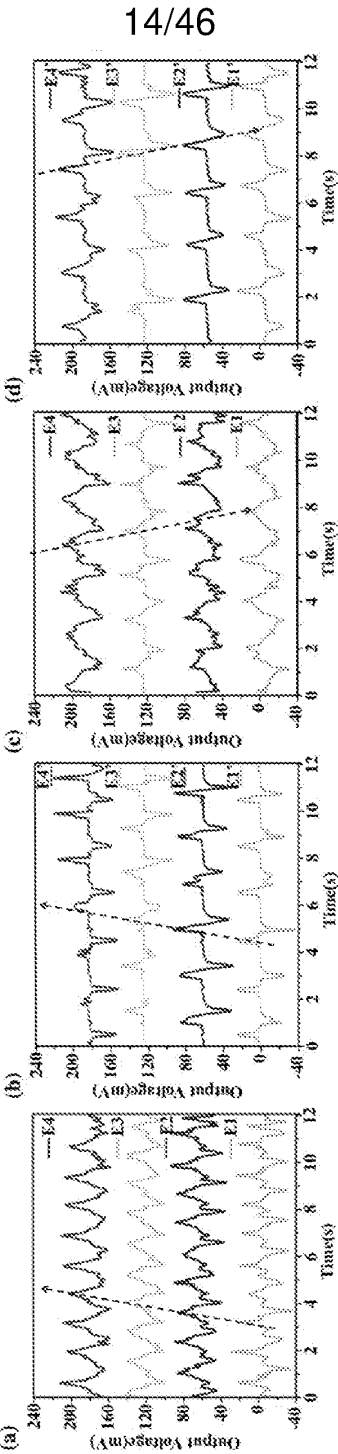


Figure 12

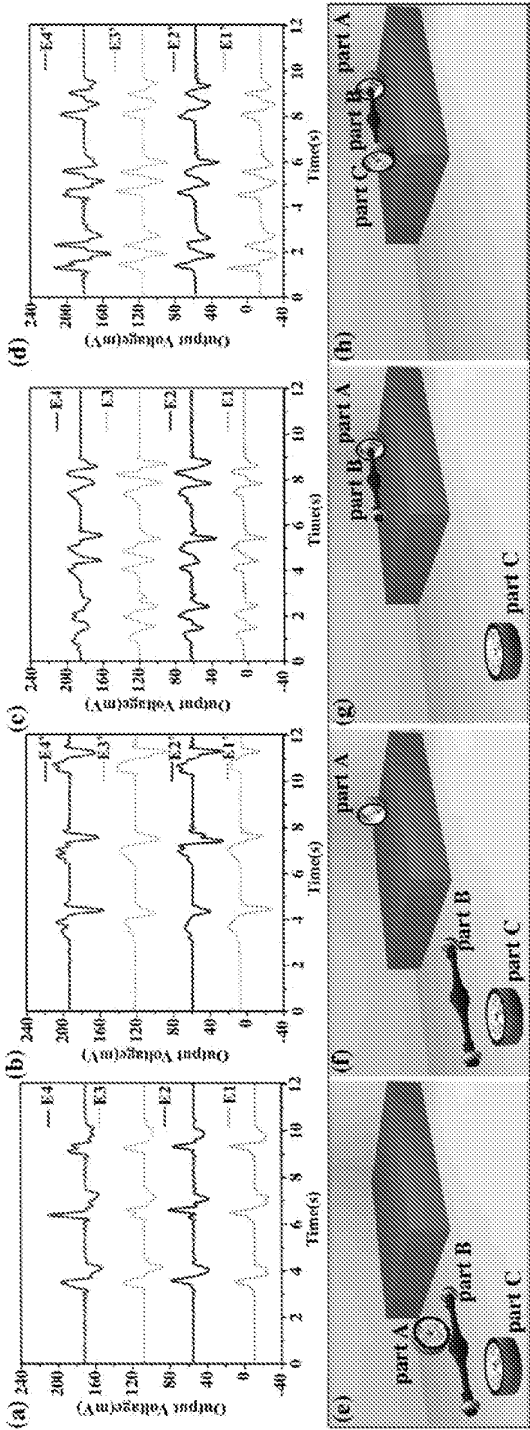


Figure 13

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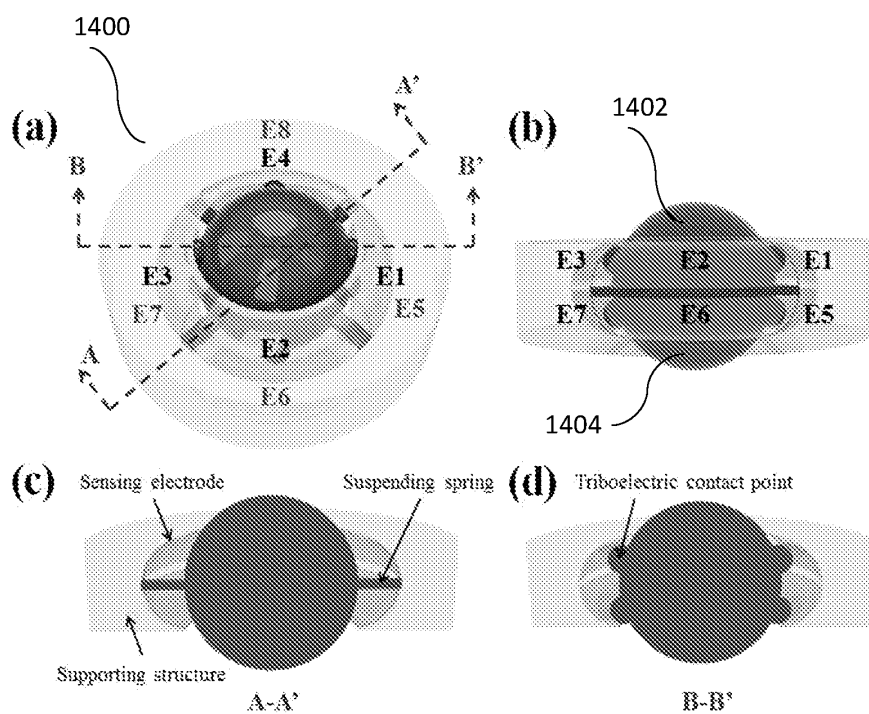


Figure 14

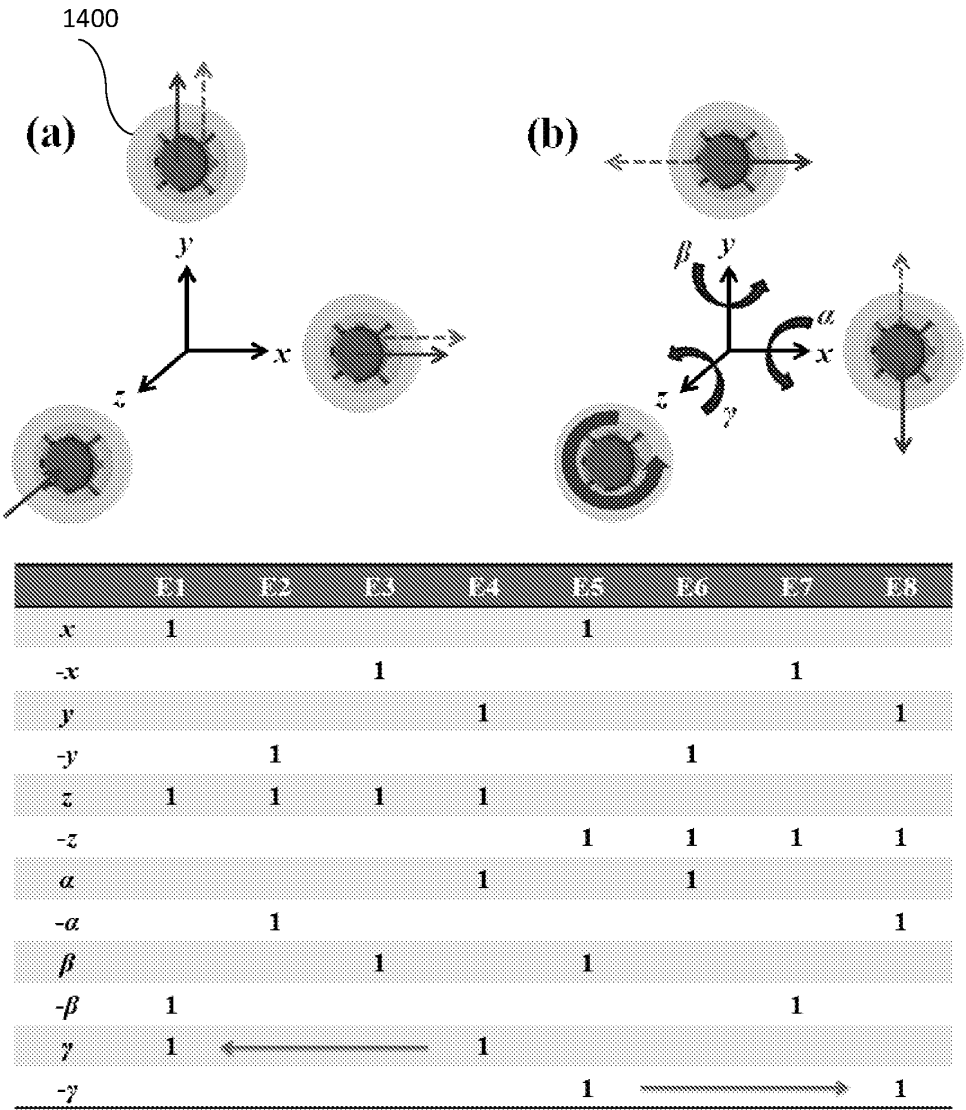


Figure 15

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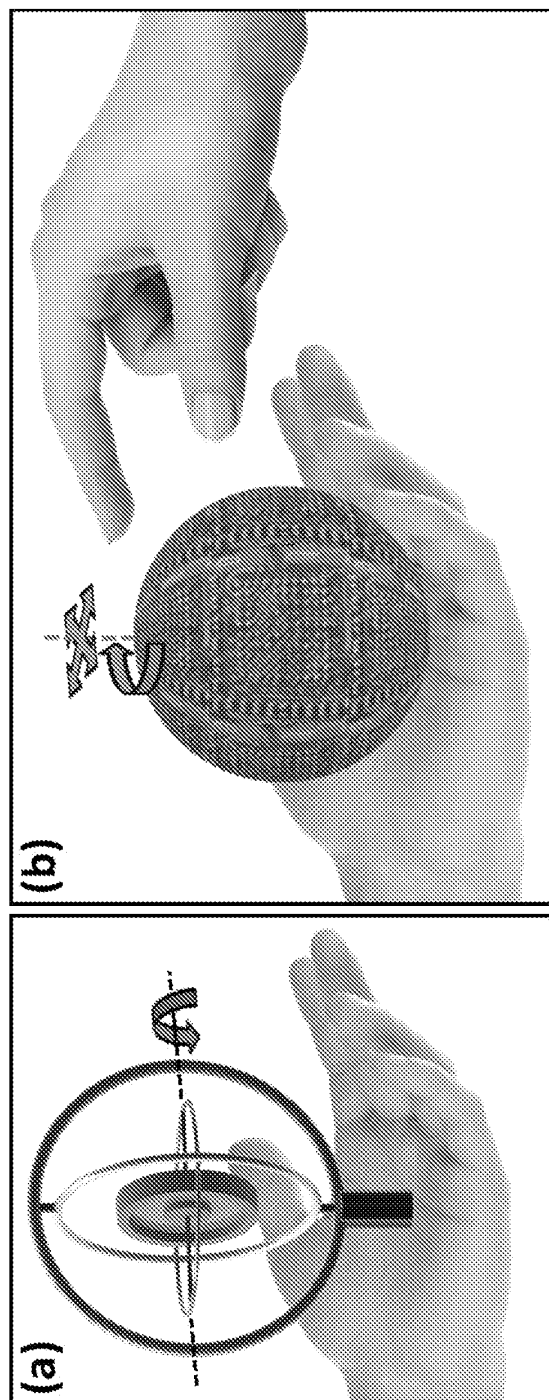


Figure 16

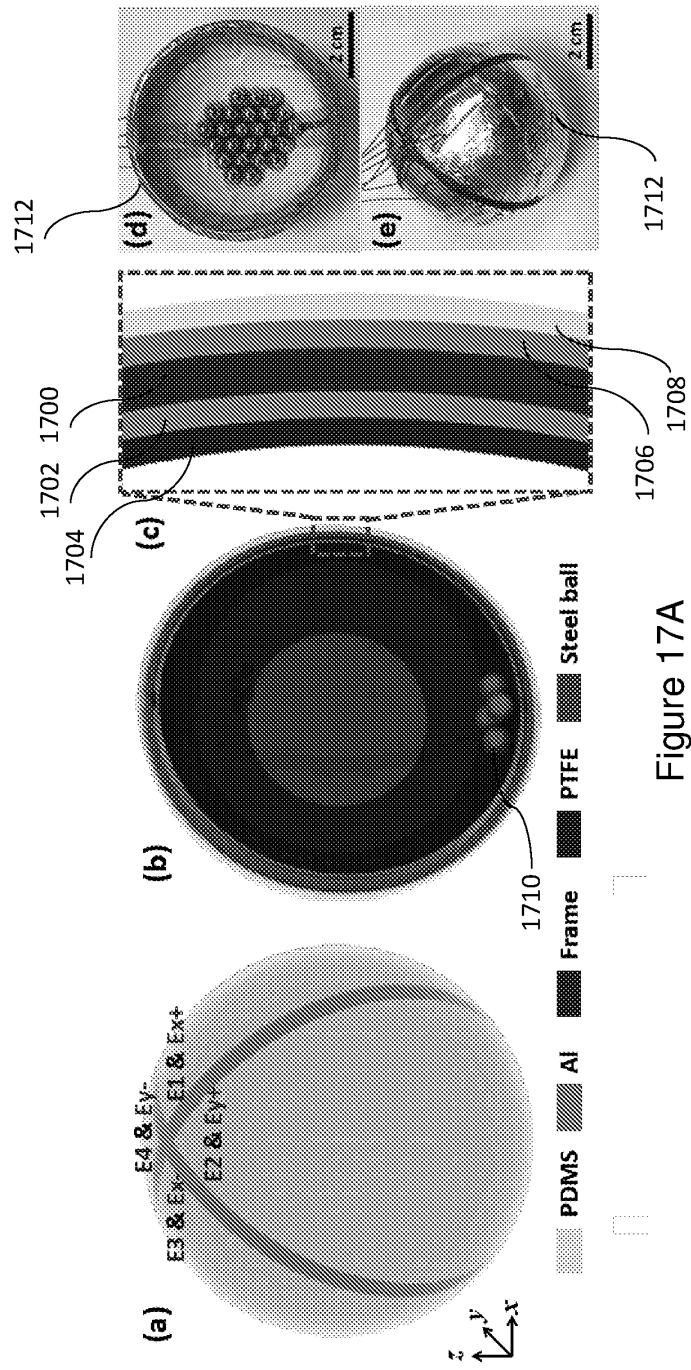


Figure 17A

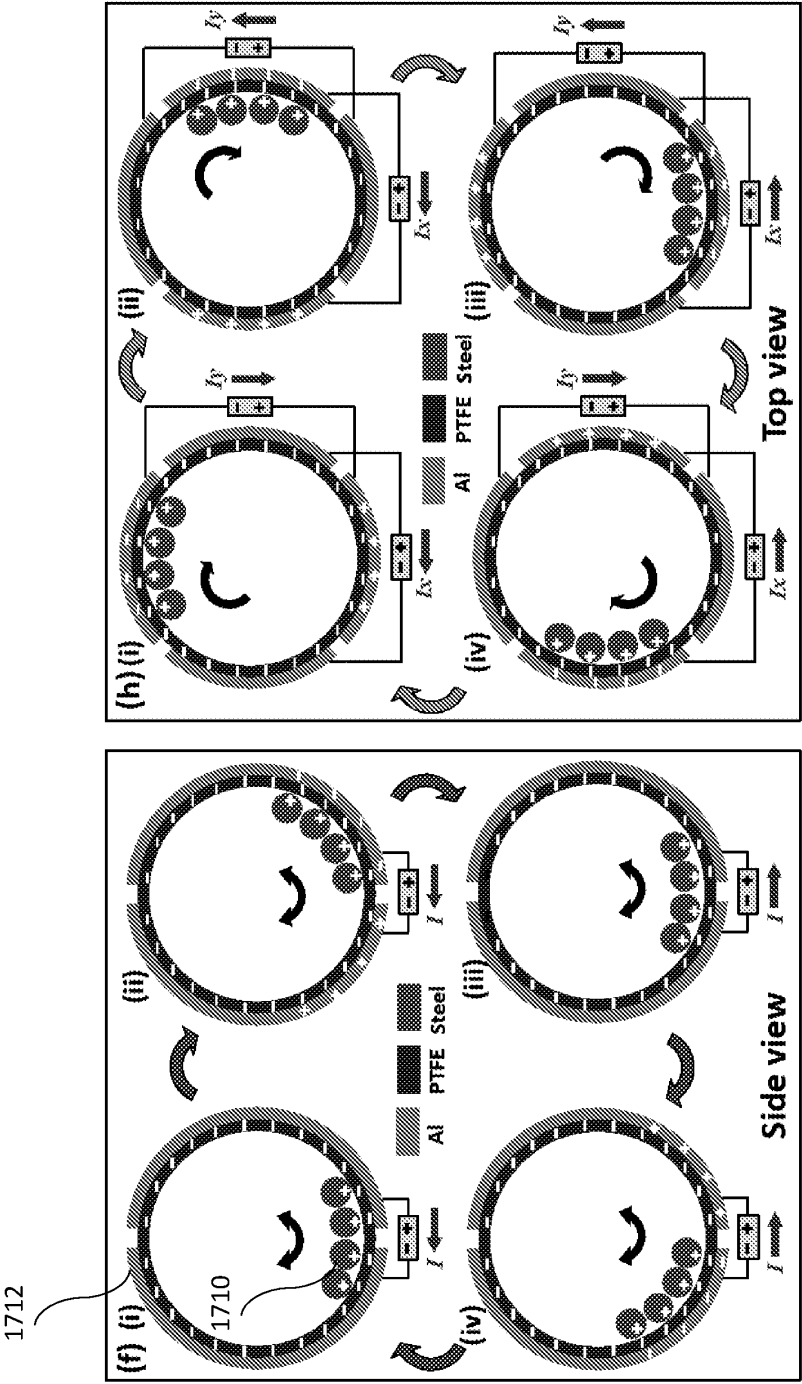


Figure 17B

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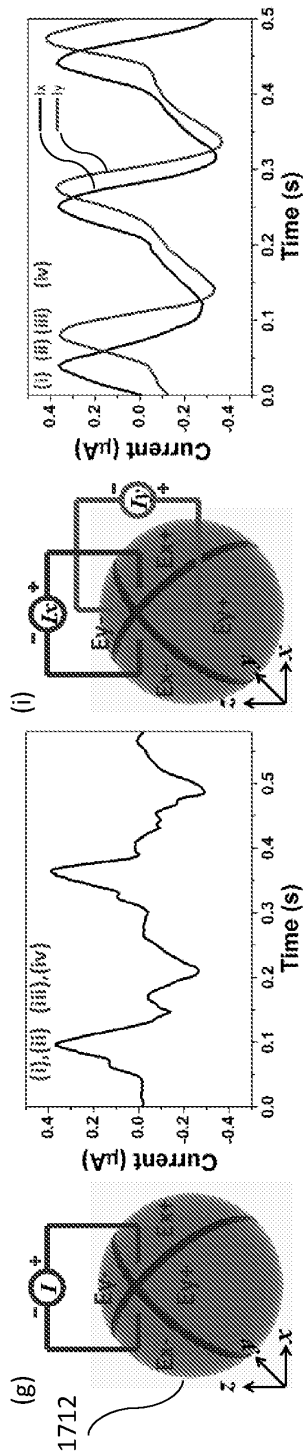


Figure 17C

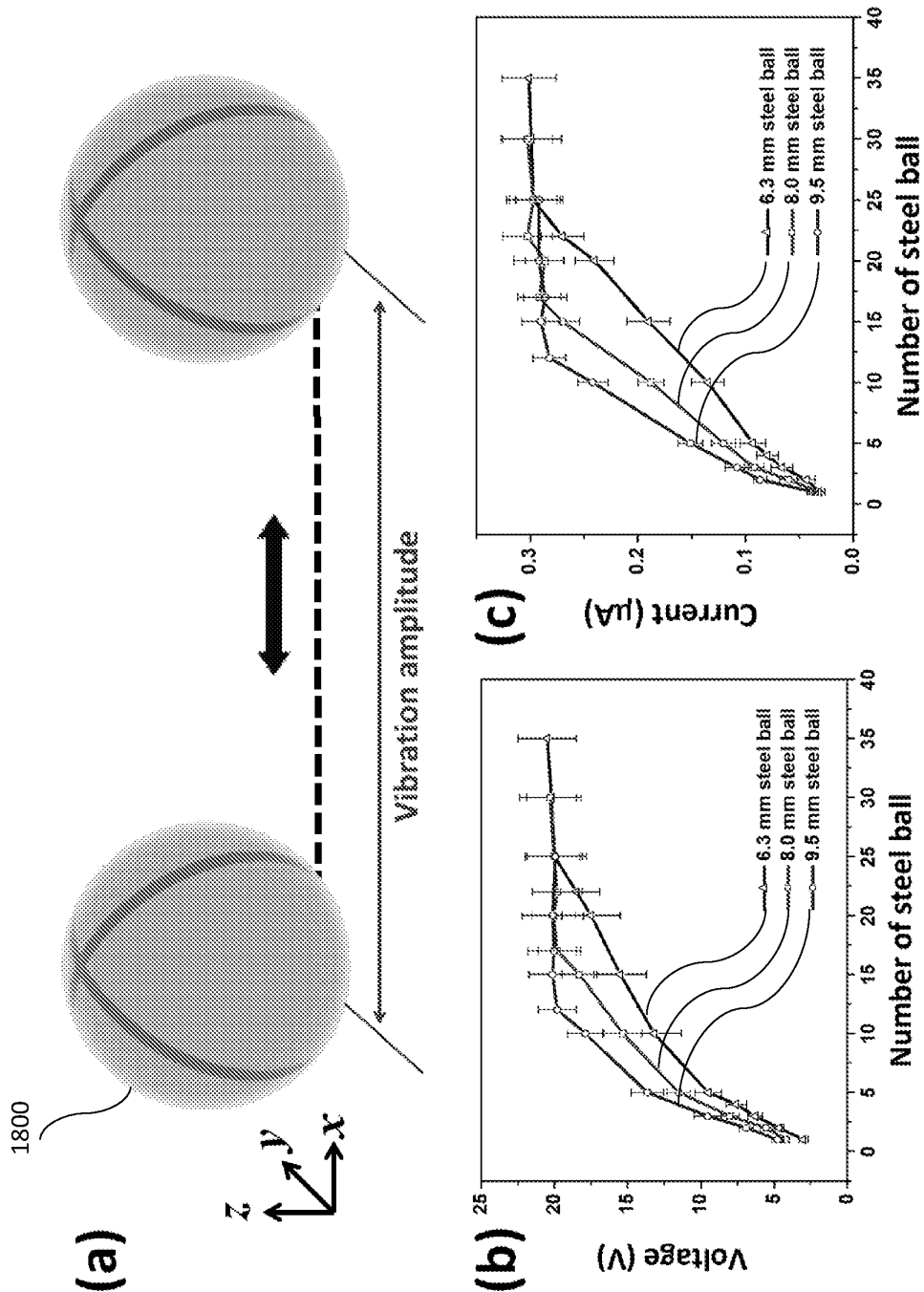


Figure 18A

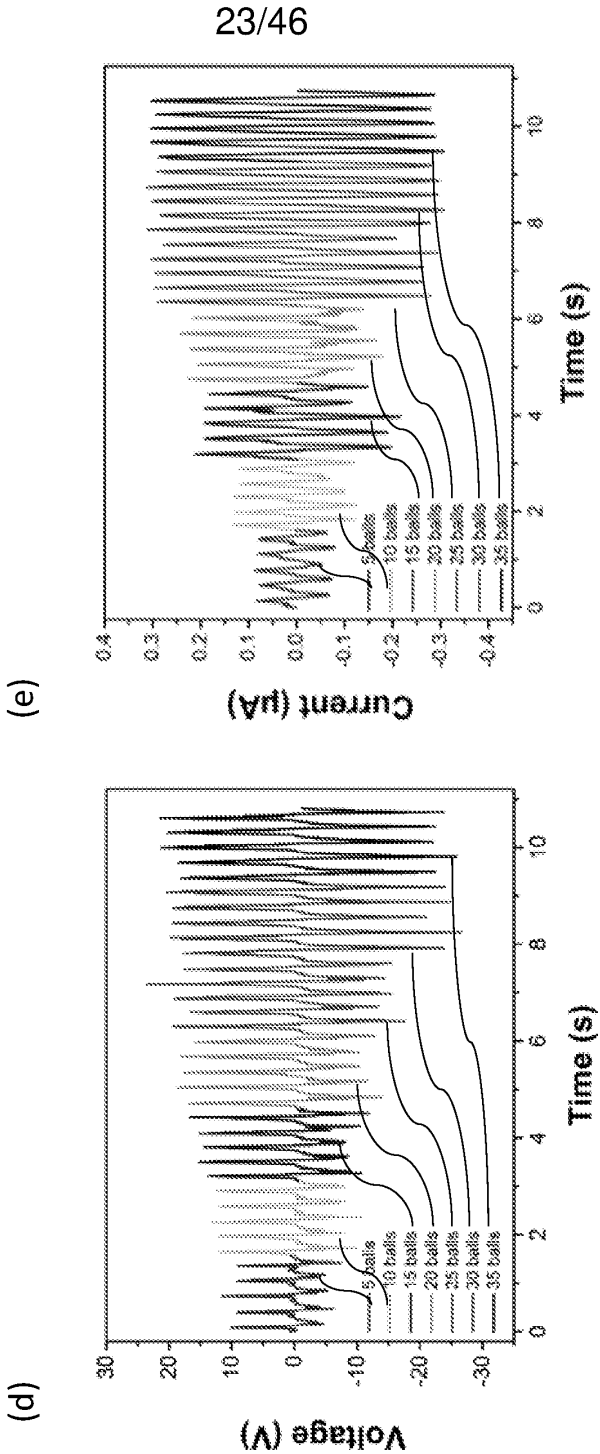


Figure 18B

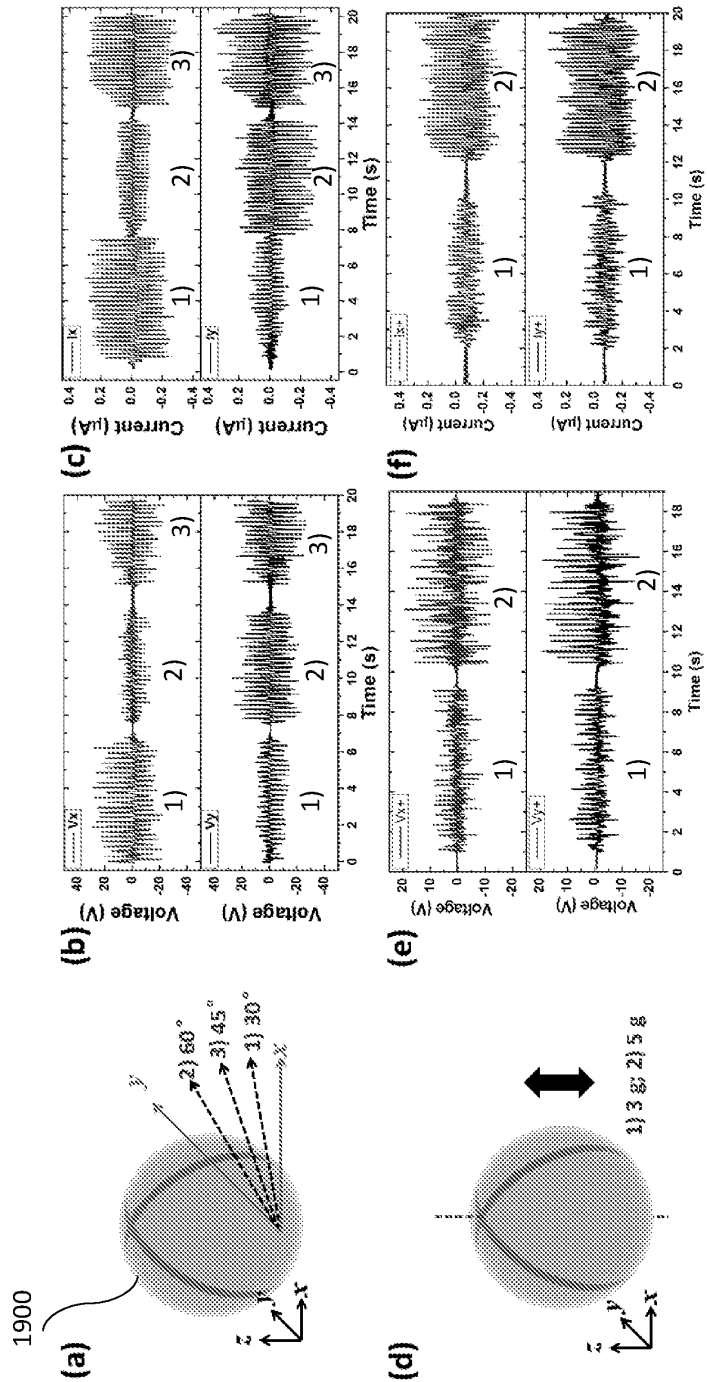


Figure 19A

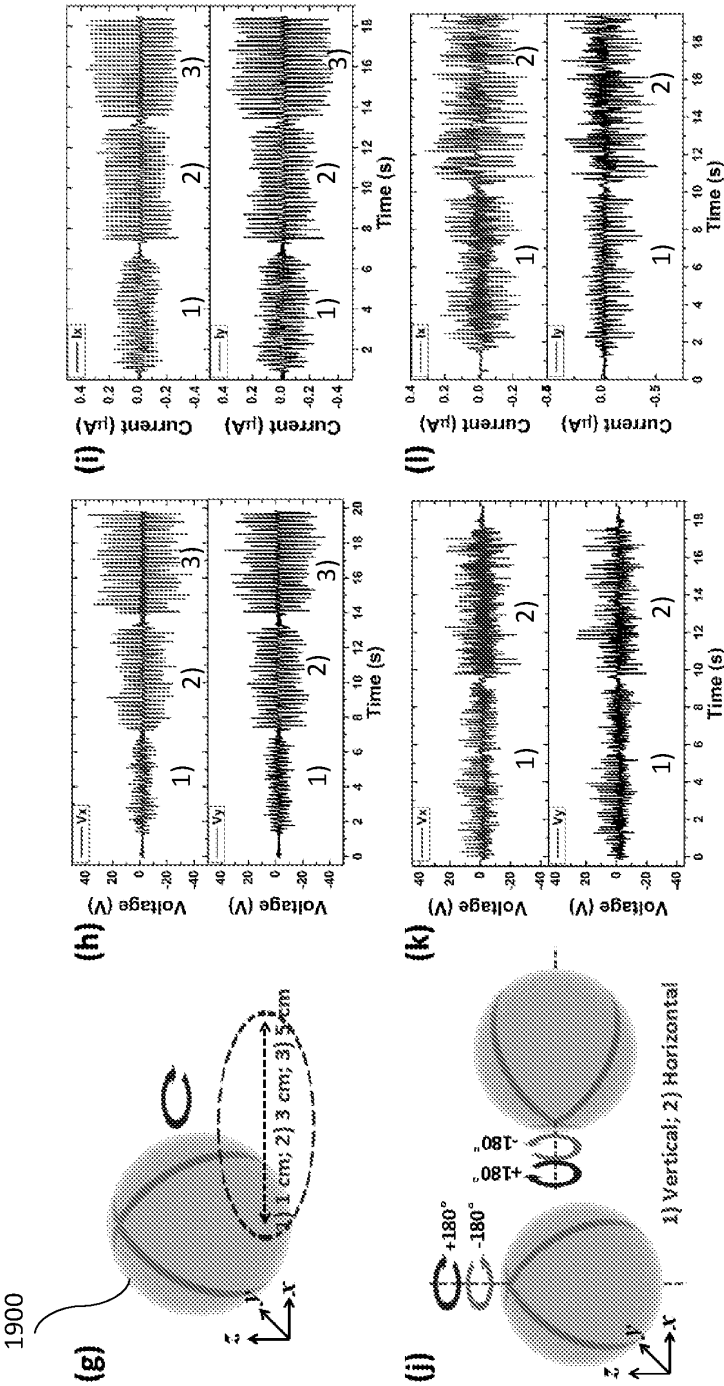


Figure 19B

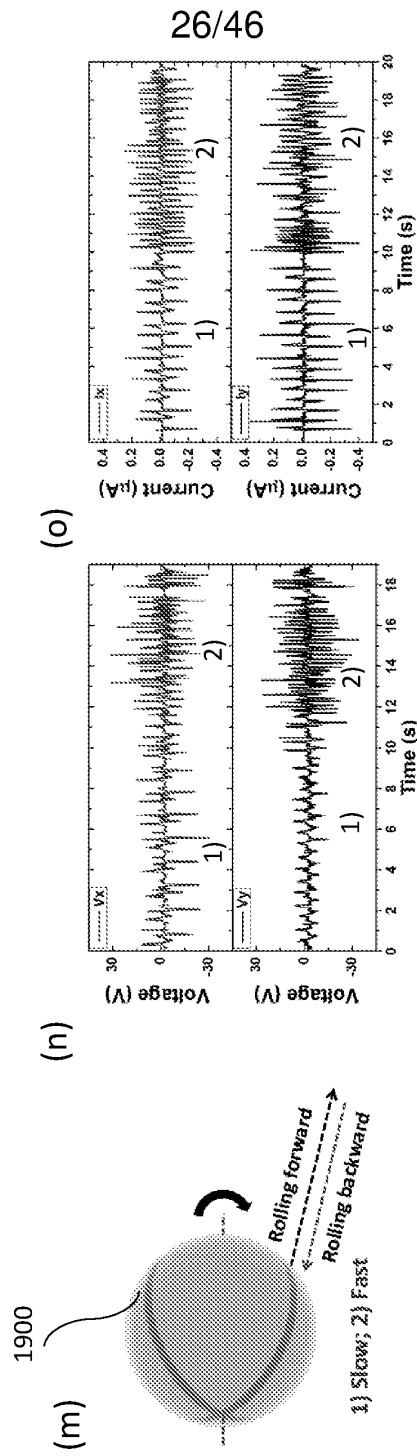


Figure 19C

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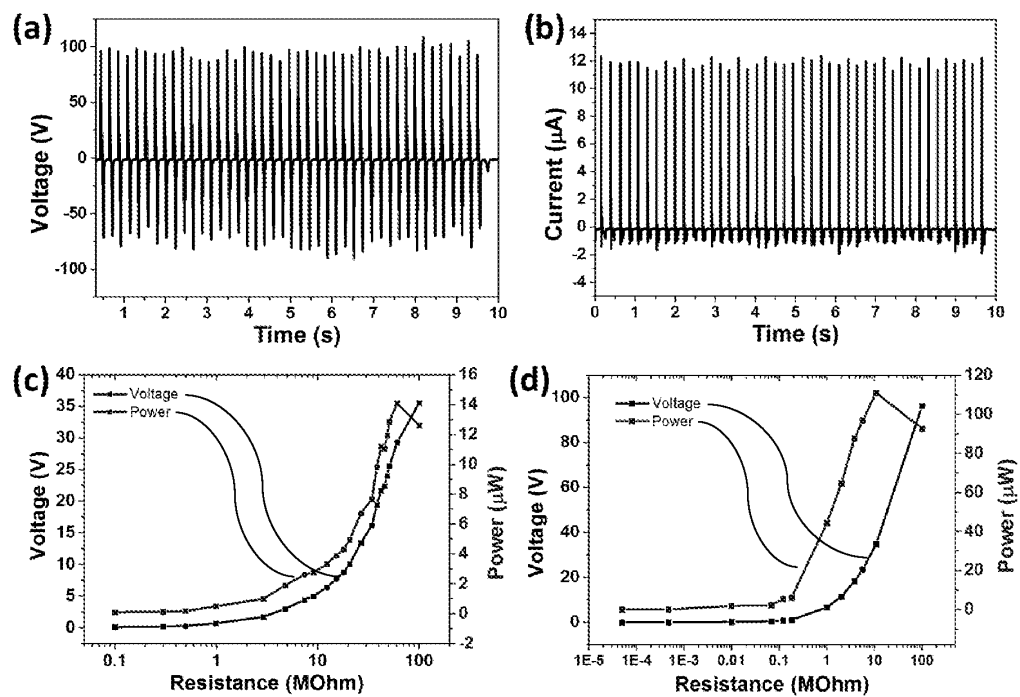


Figure 20

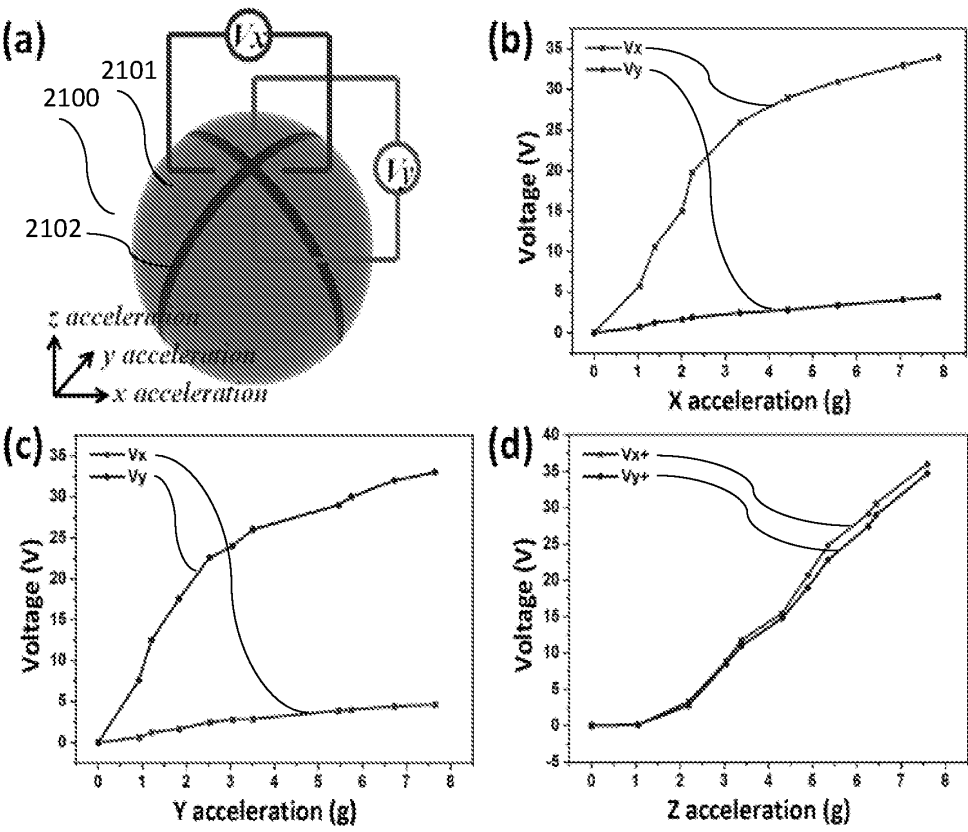


Figure 21

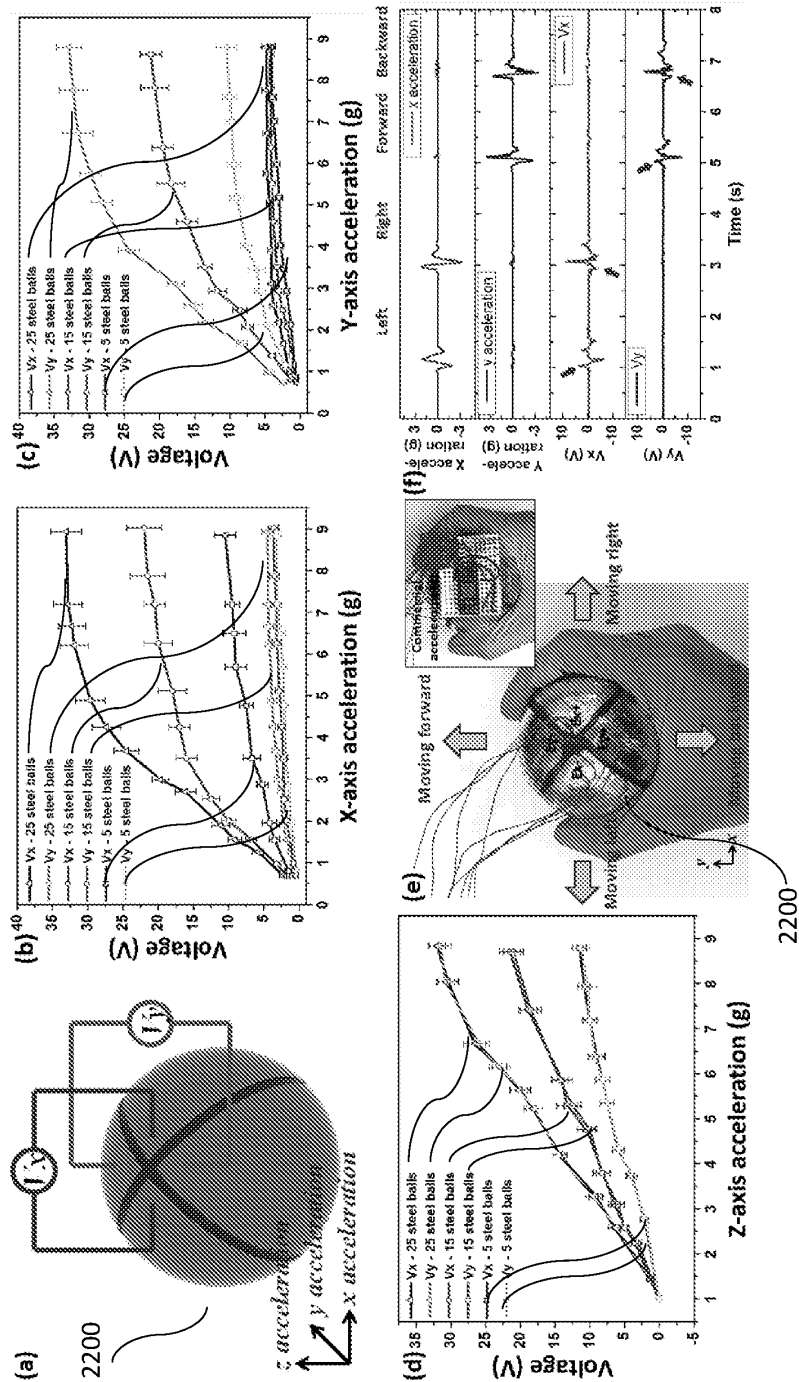
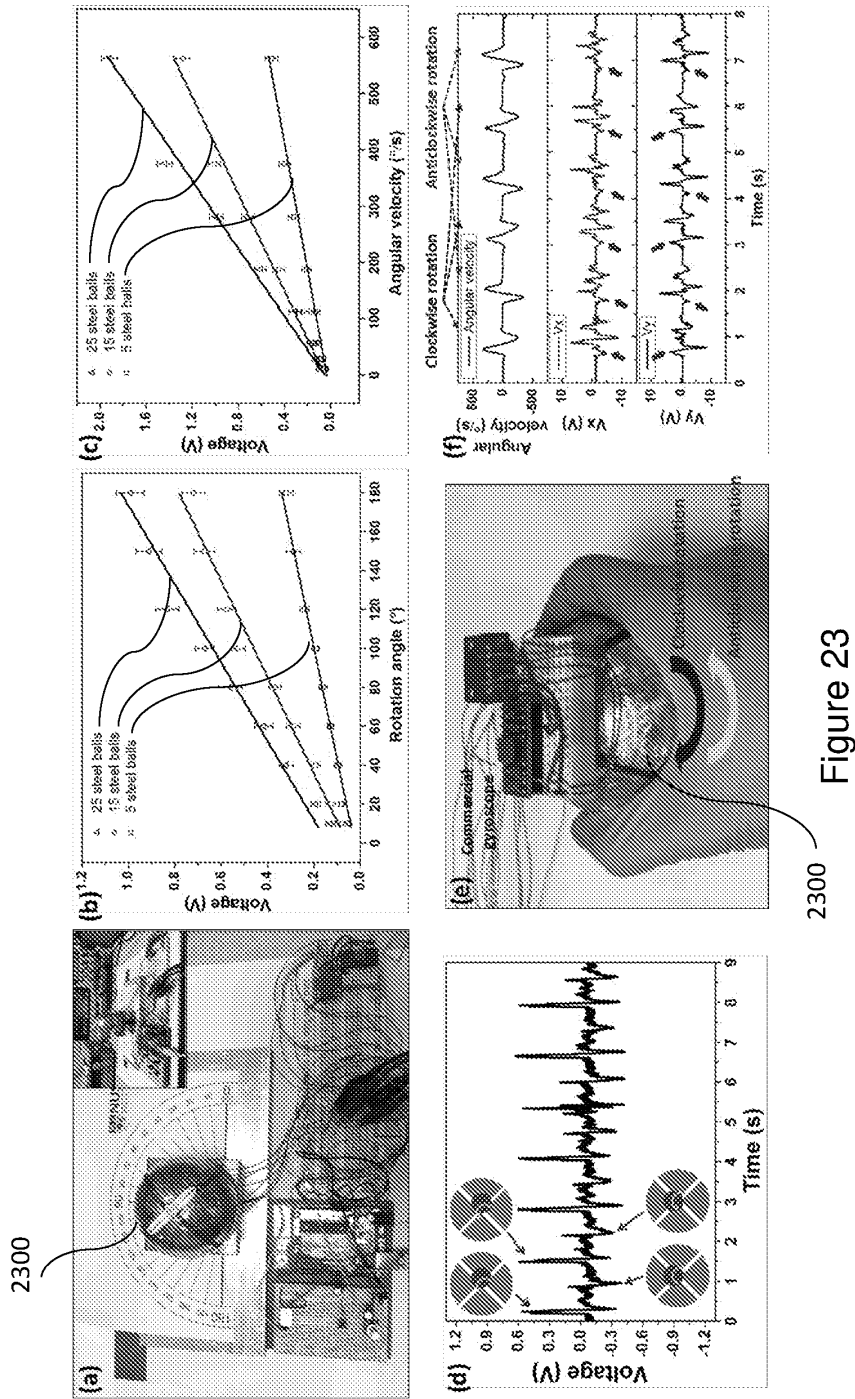


Figure 22



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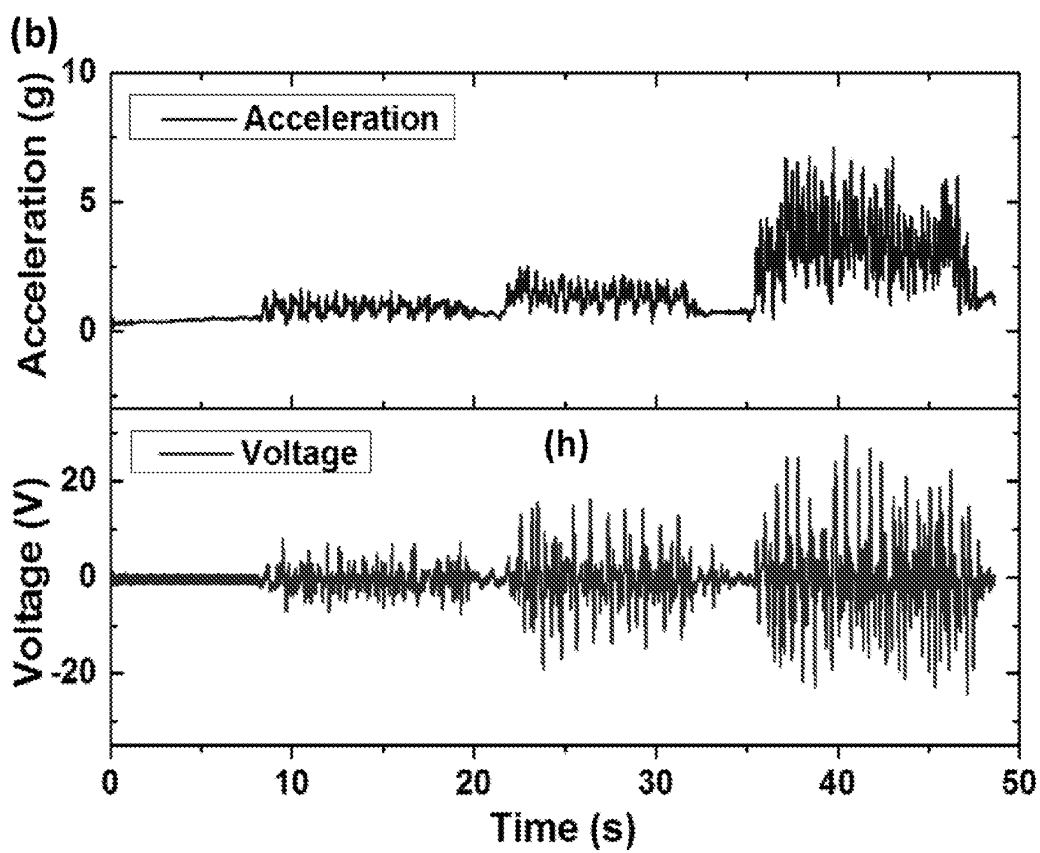
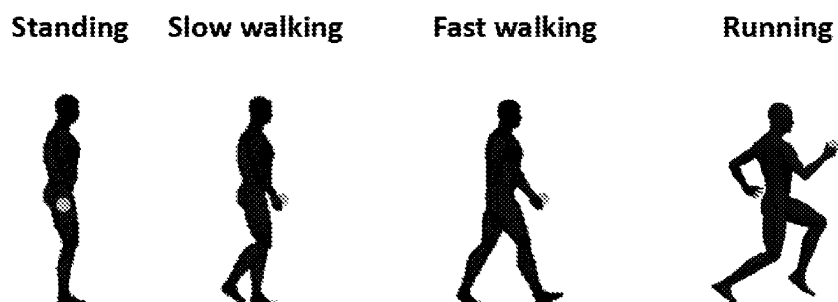
(a) Different type of exercises

Figure 24A

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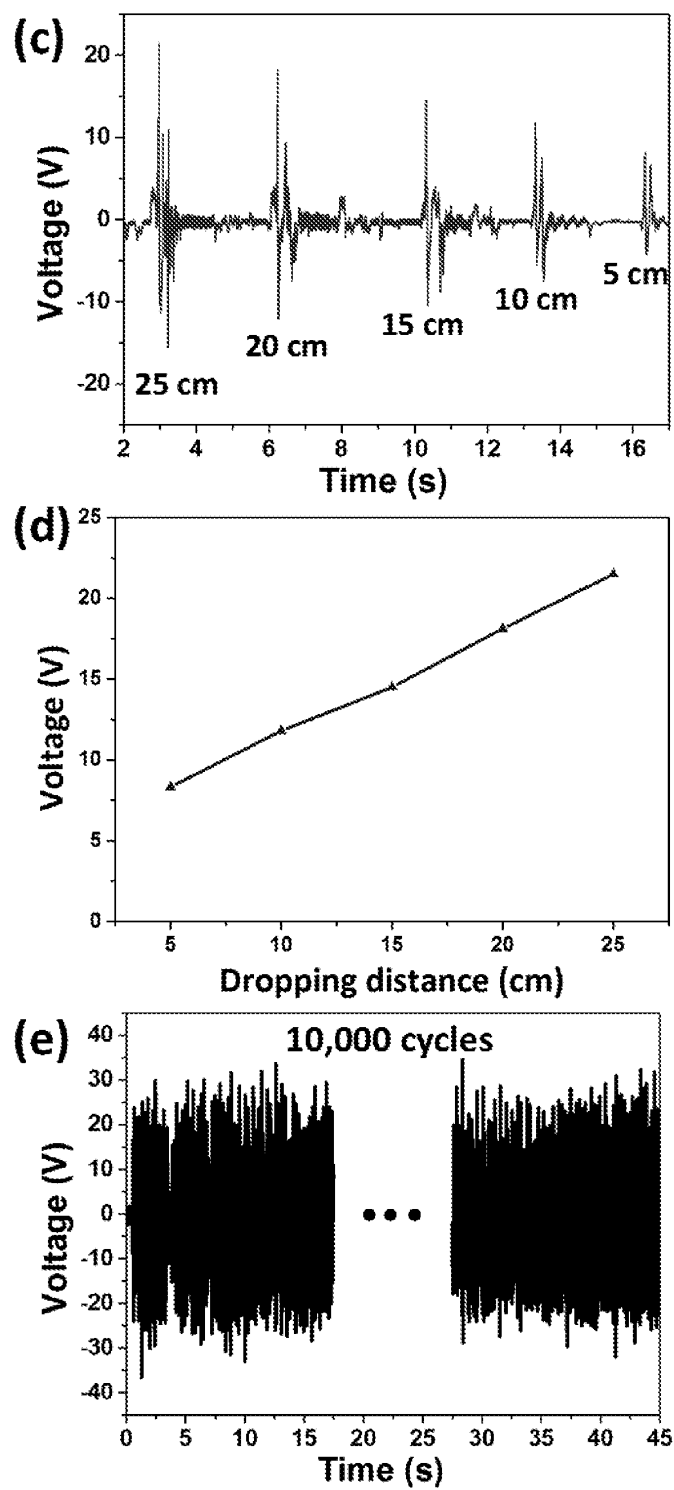


Figure 24B

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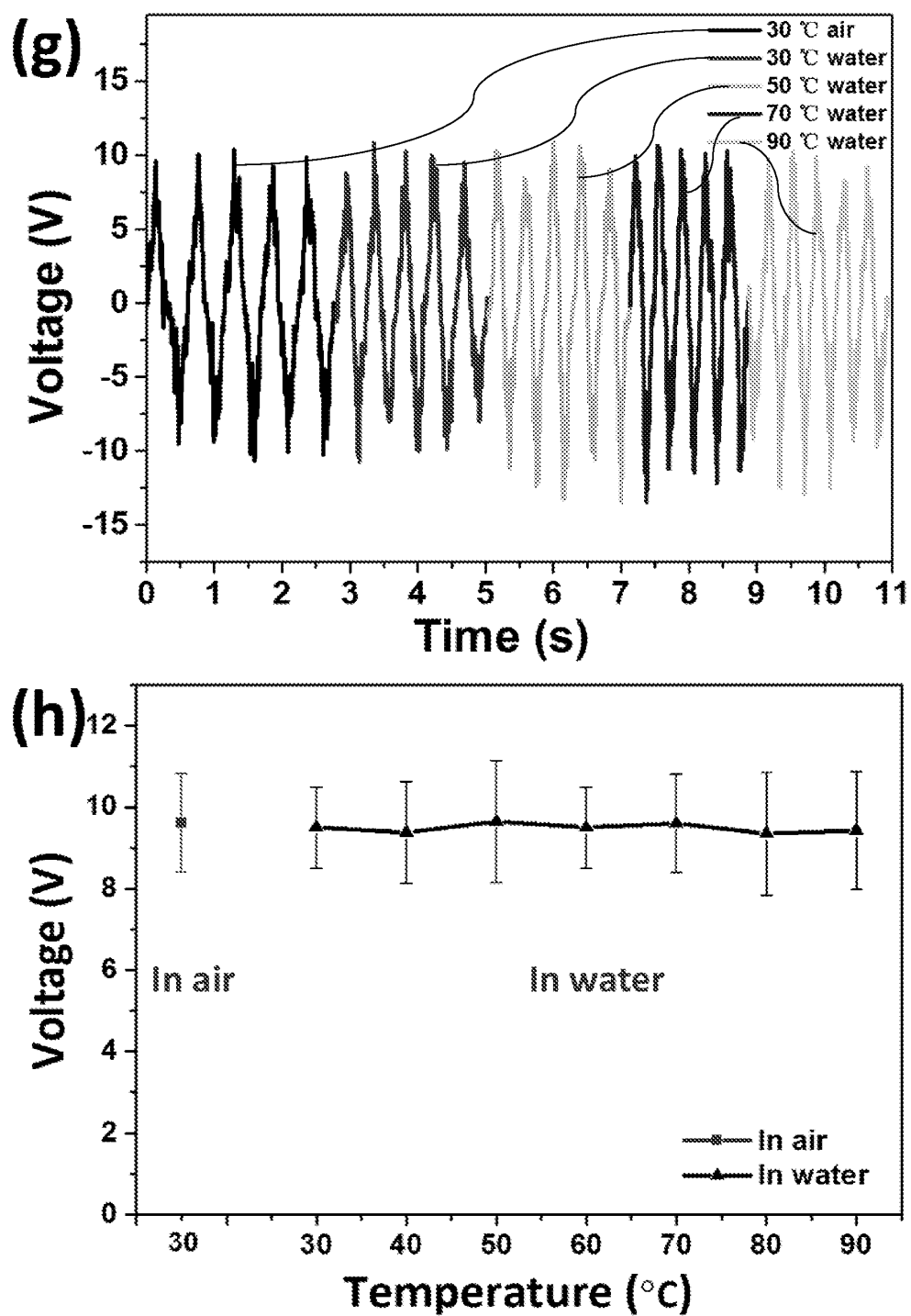


Figure 24C

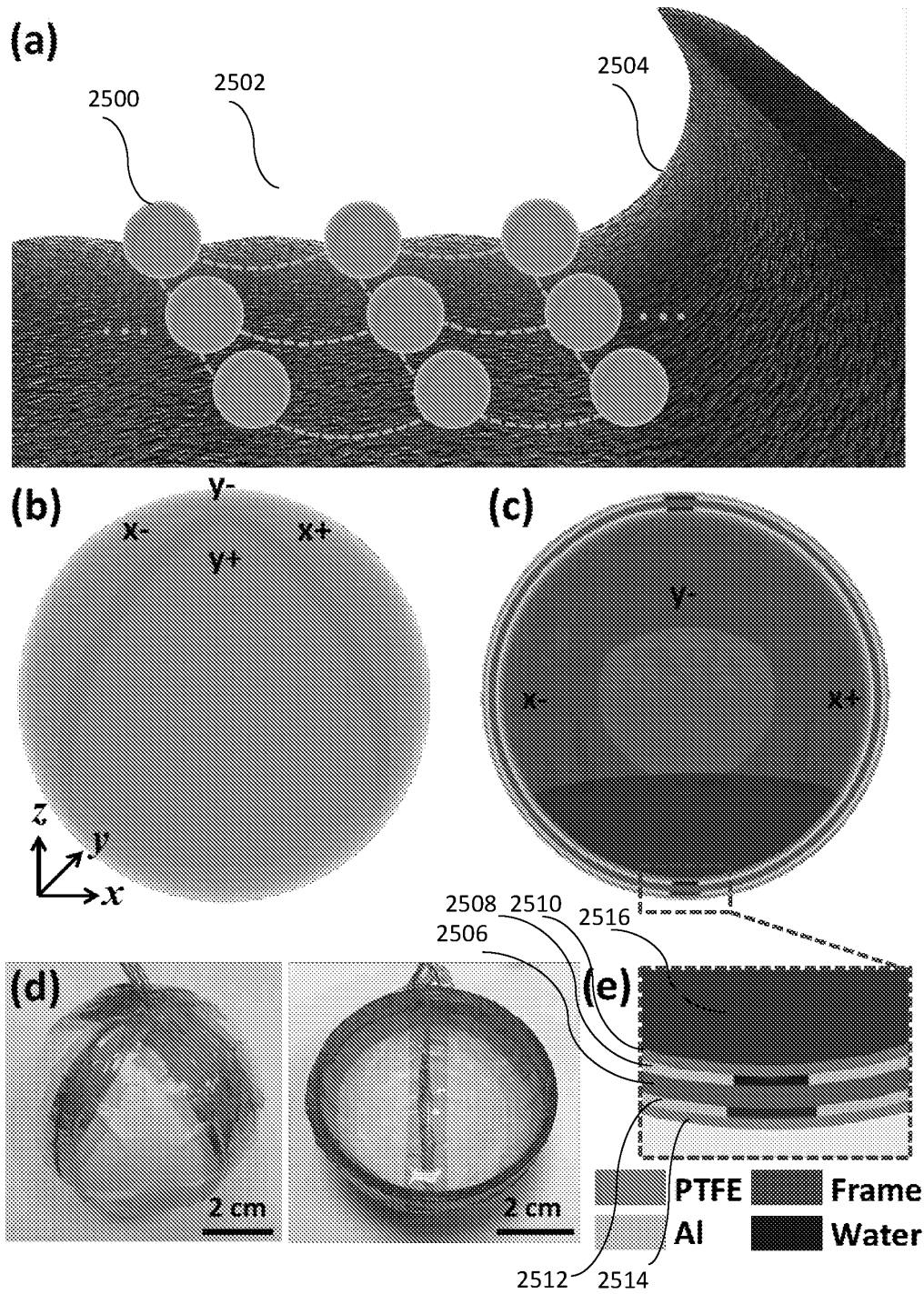


Figure 25

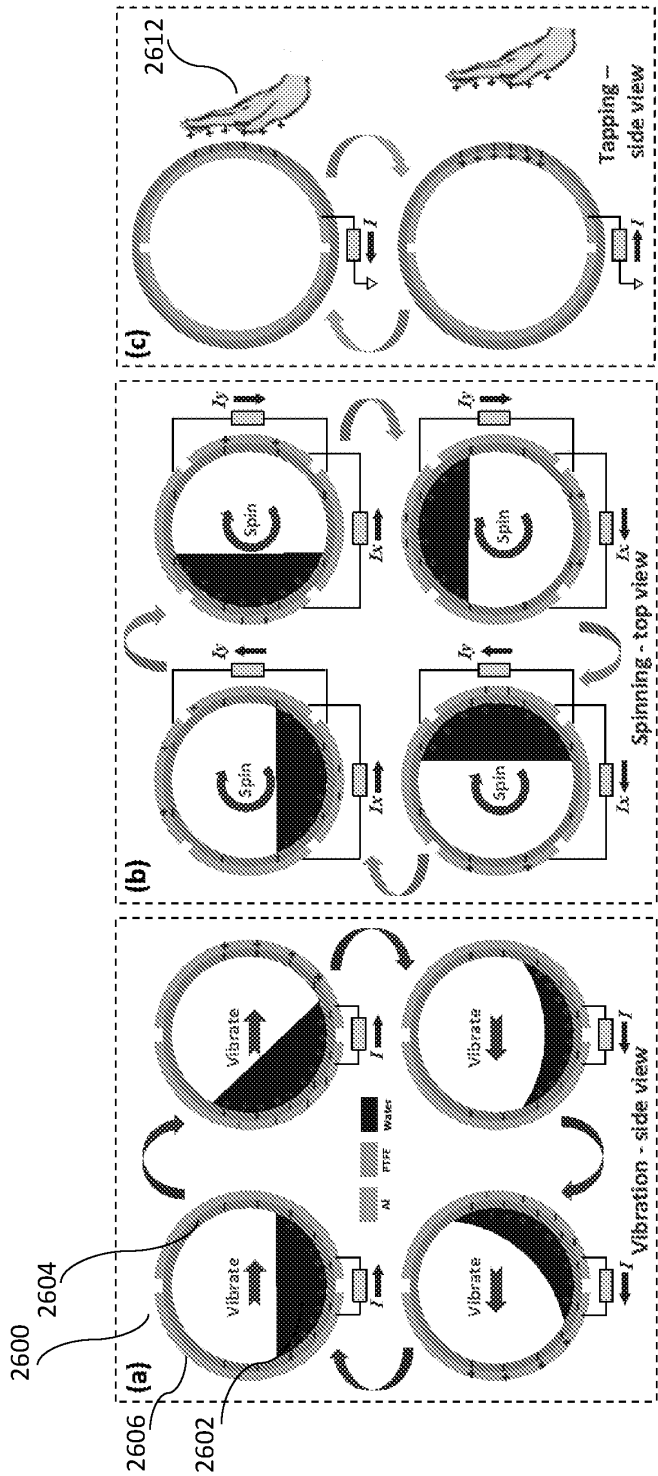


Figure 26A

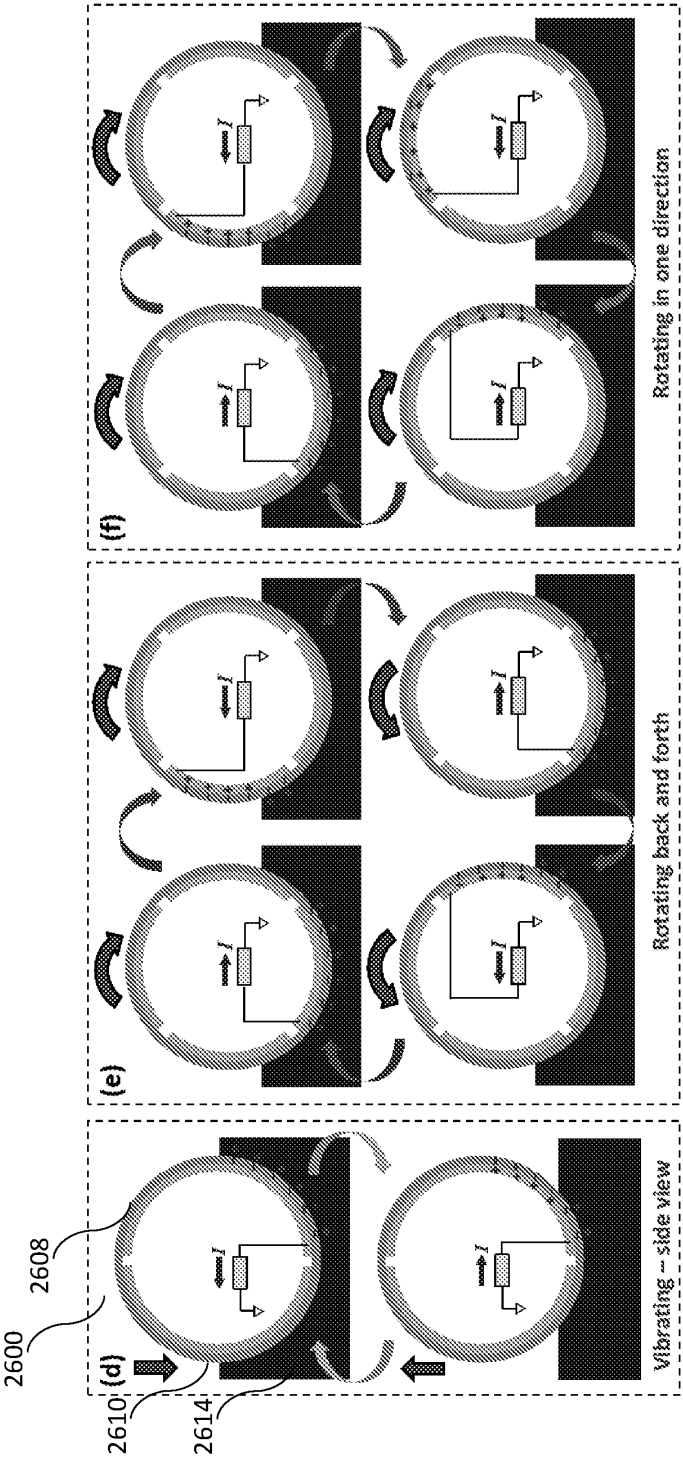


Figure 26B

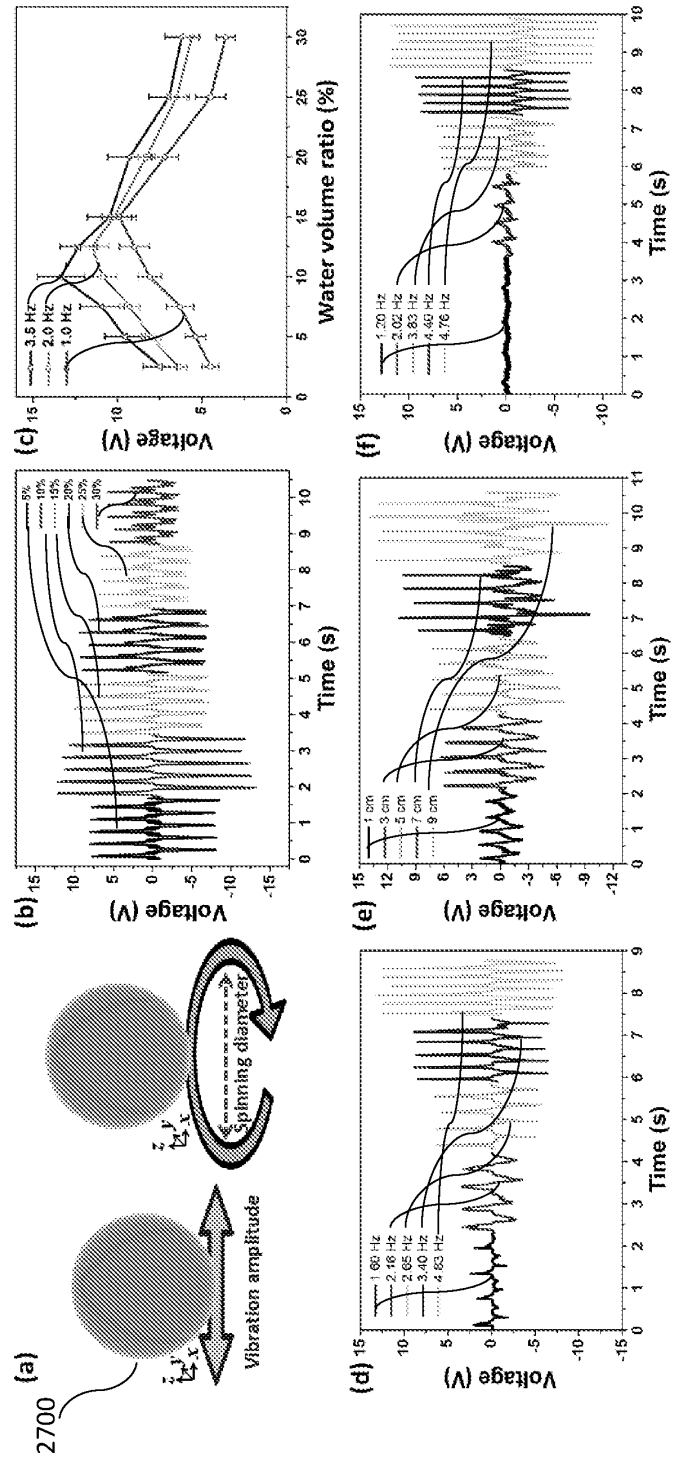


Figure 27A

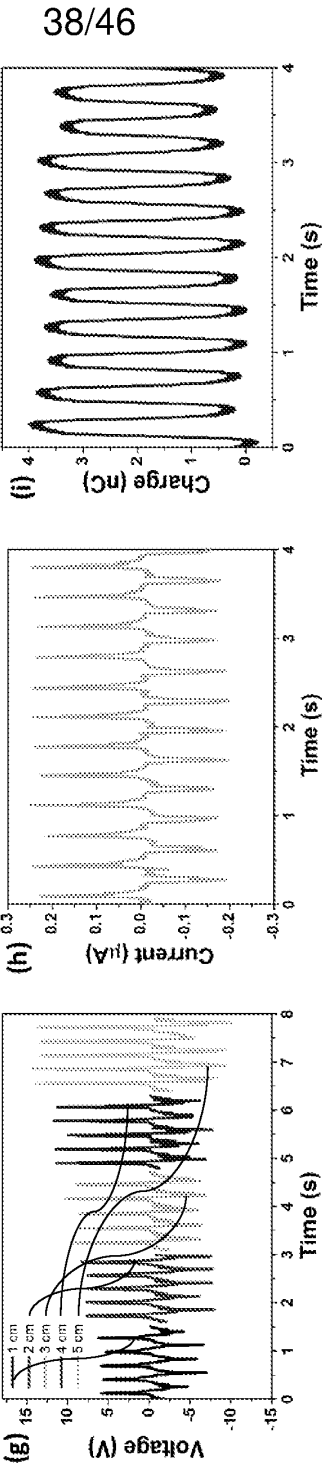


Figure 27B

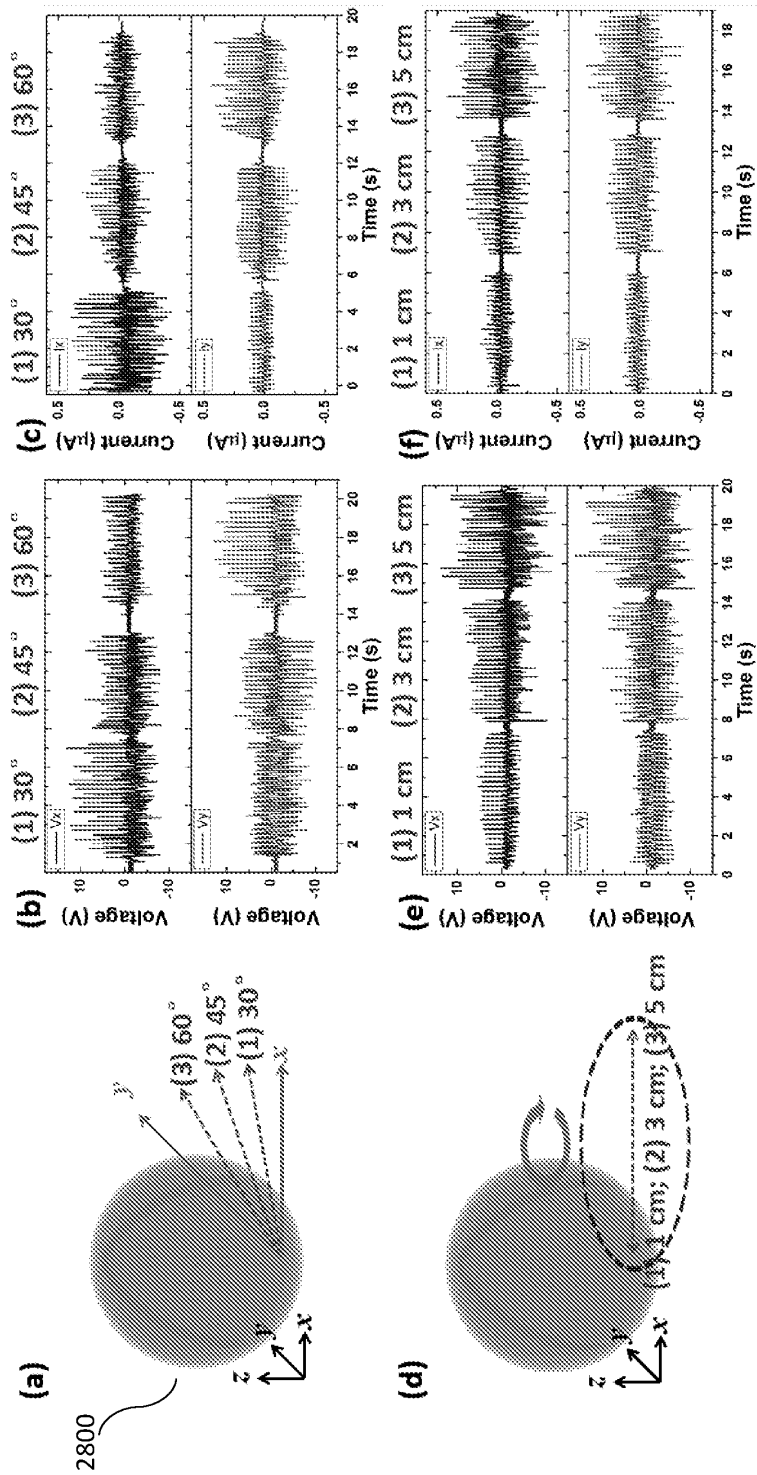


Figure 28A

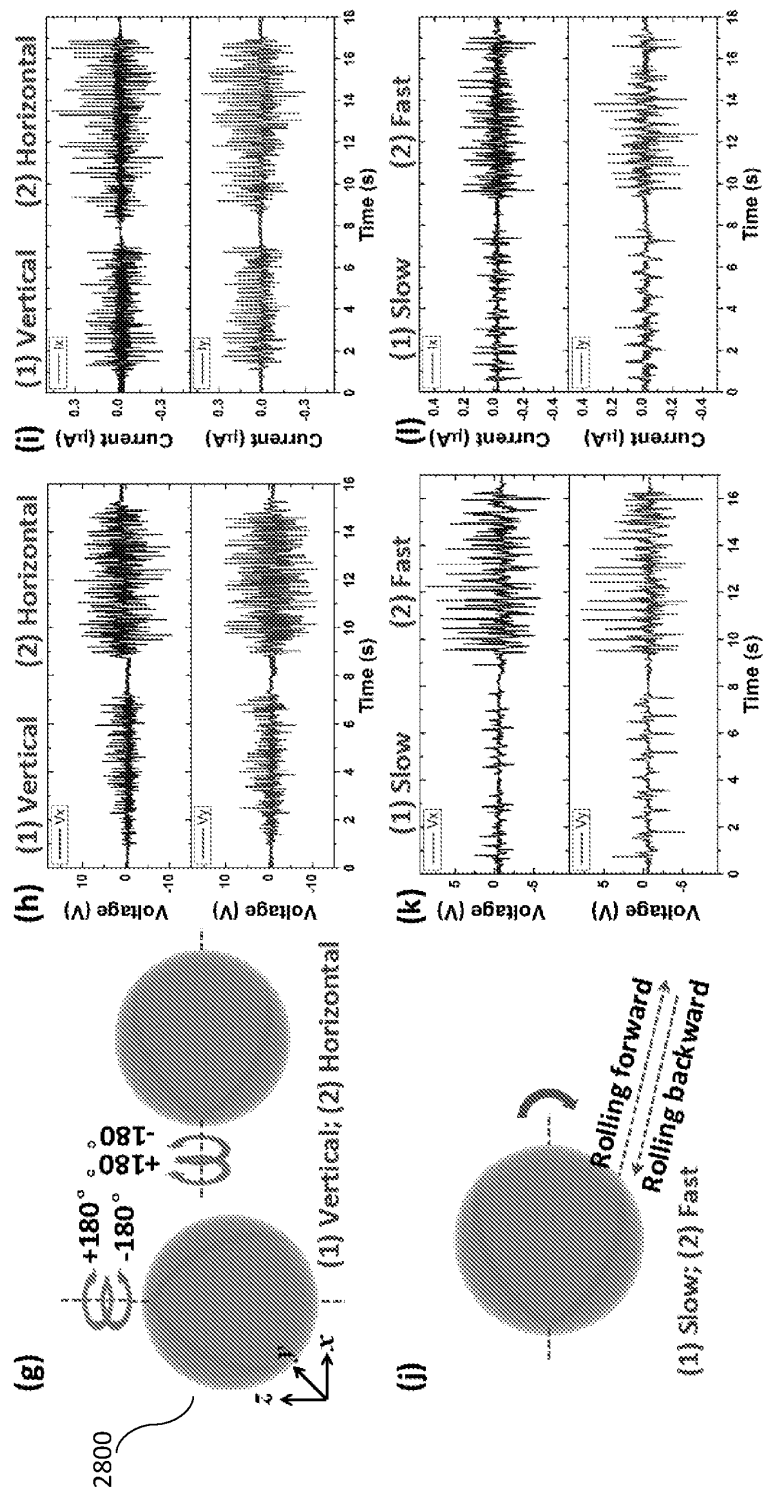


Figure 28B

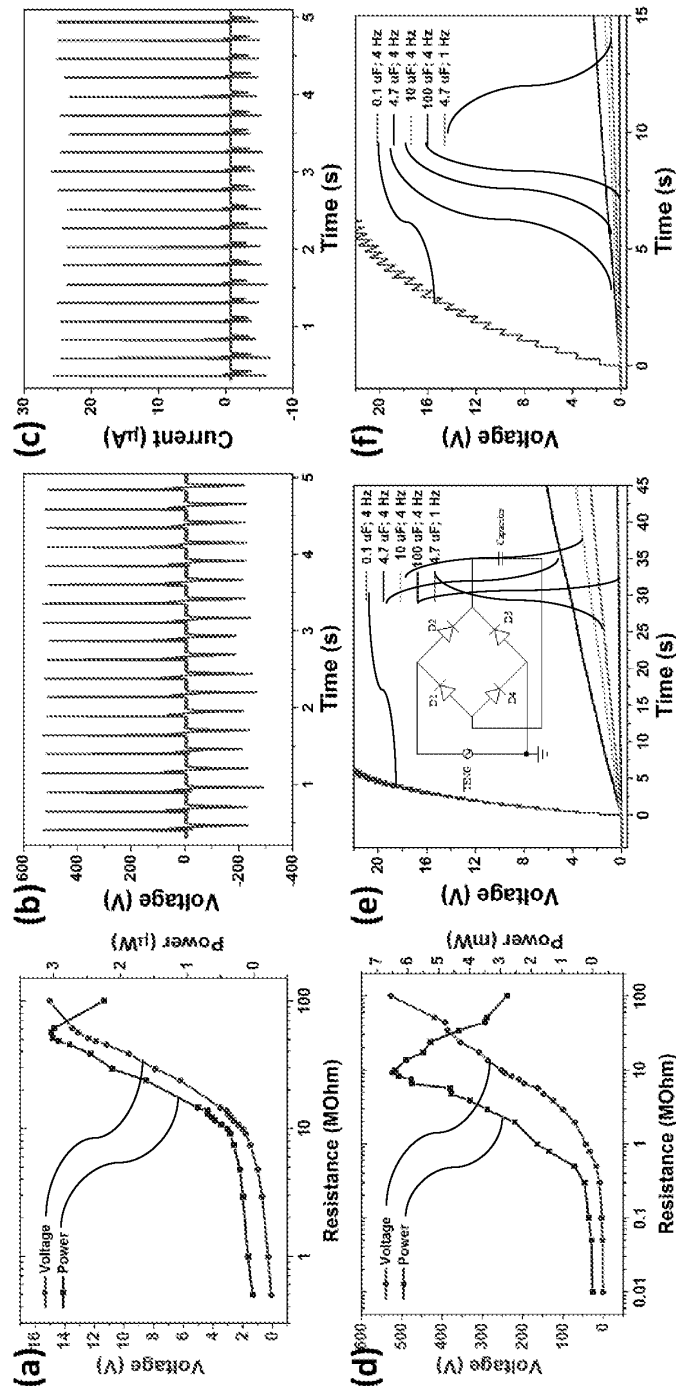


Figure 29A

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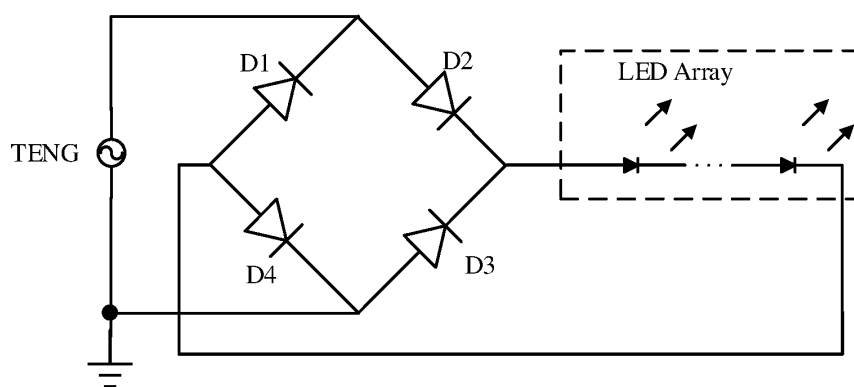
(g)

Figure 29B

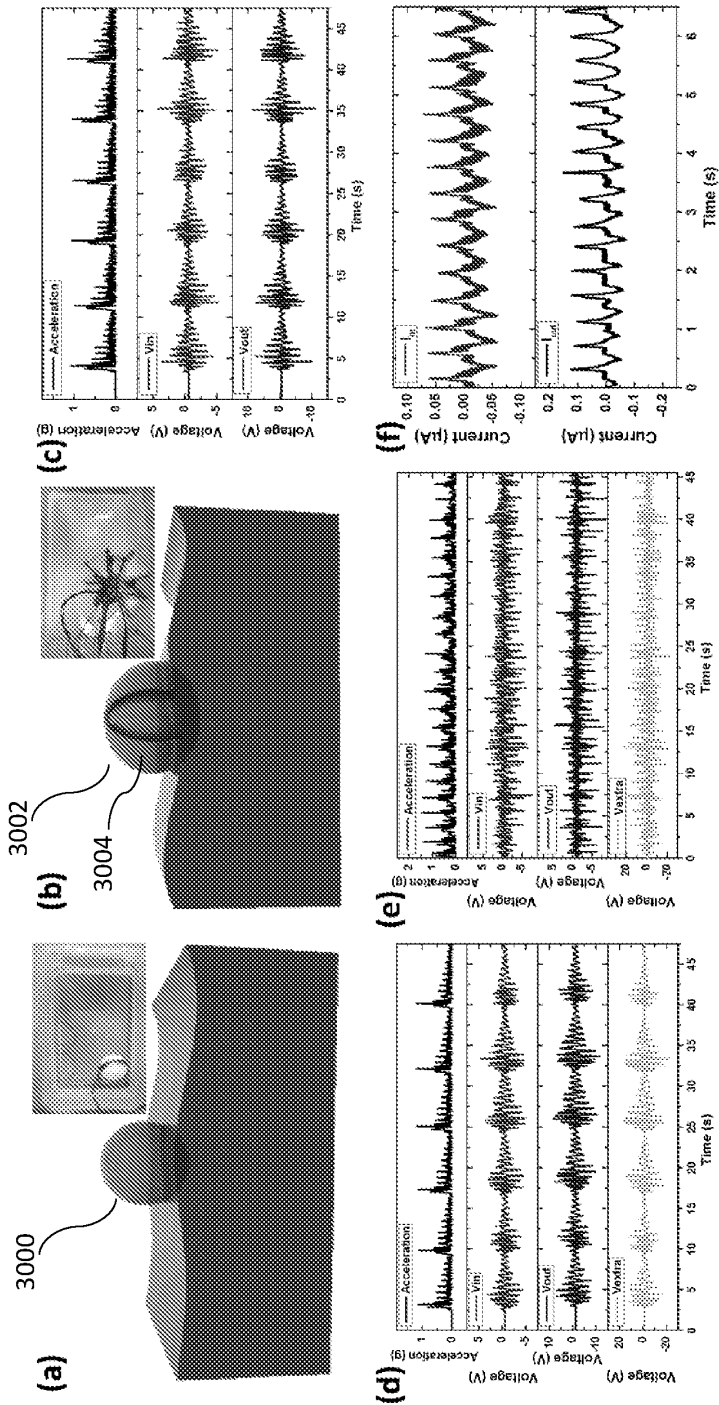


Figure 30A

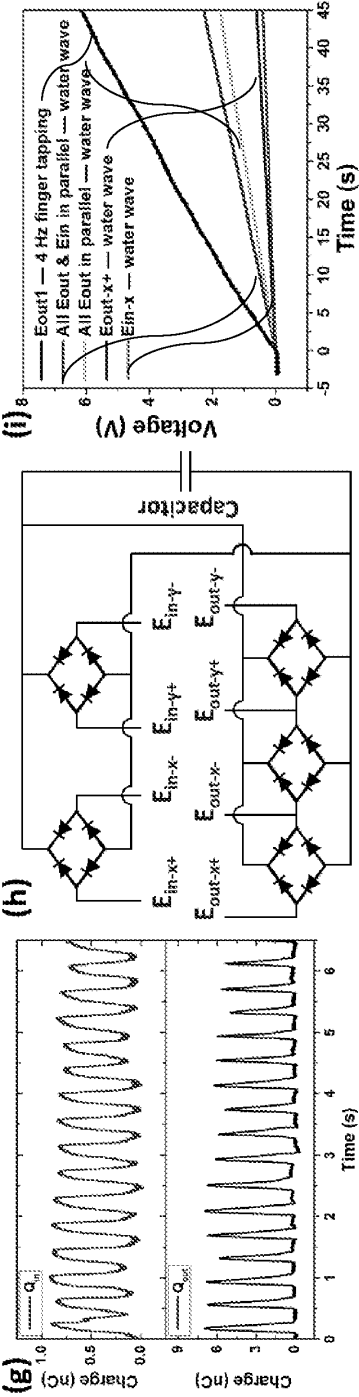


Figure 30B

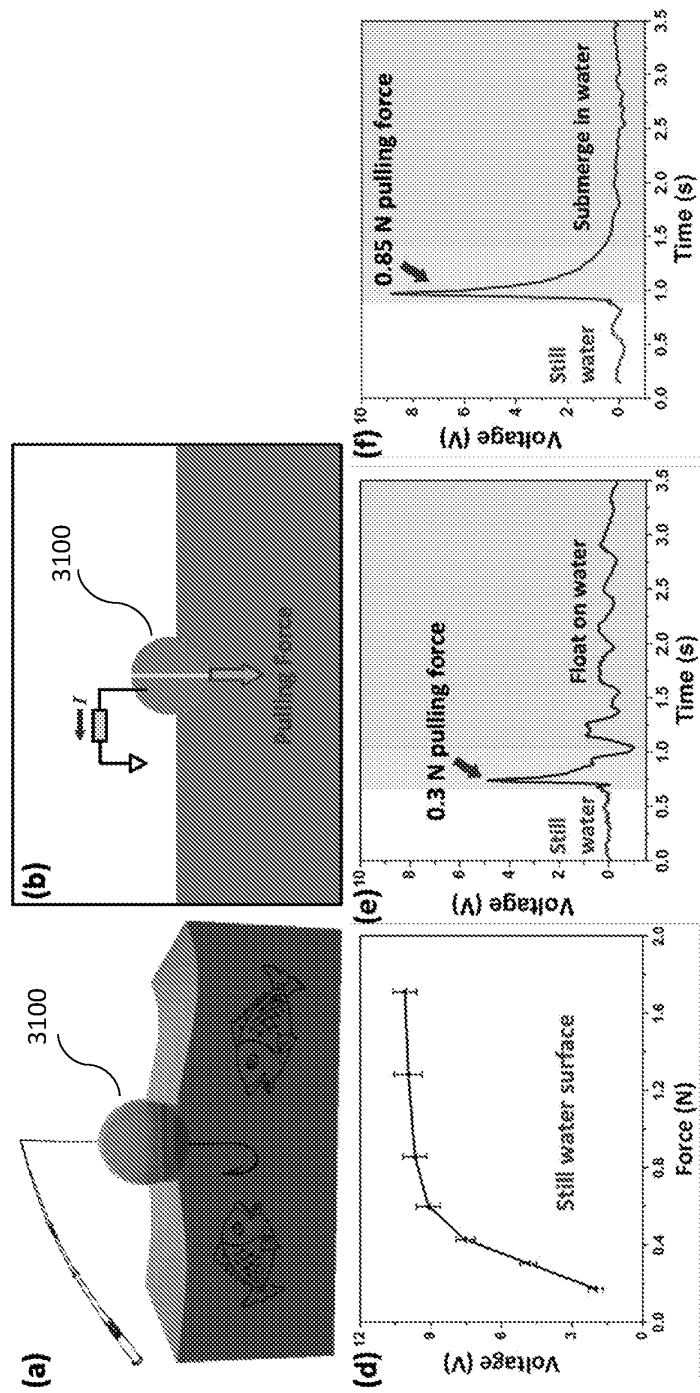


Figure 31A

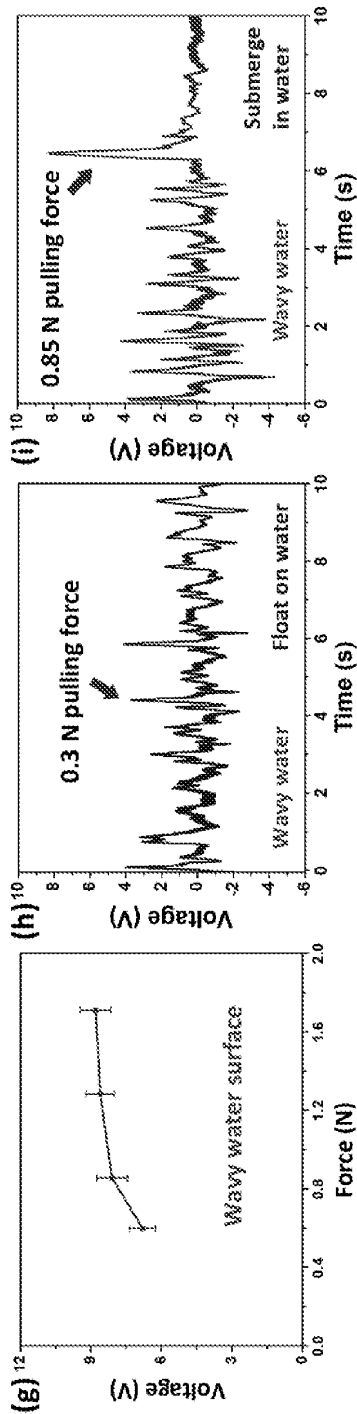


Figure 31B