

Before

Running

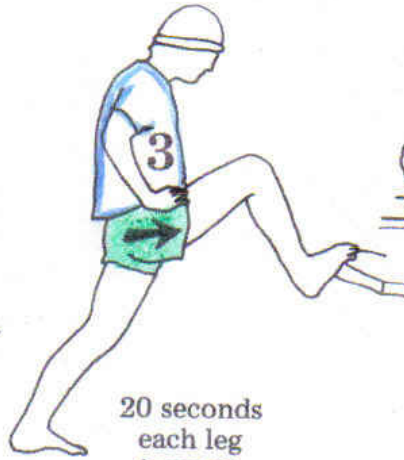
Approximately 9 Minutes



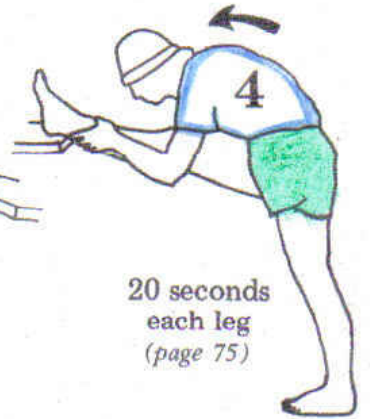
30 seconds
each leg
(page 71)



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)



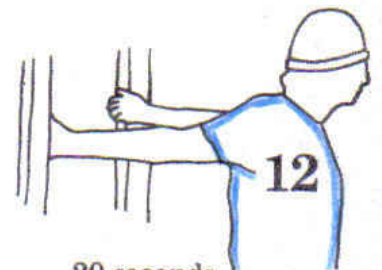
15 seconds
each side
(page 59)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 41)

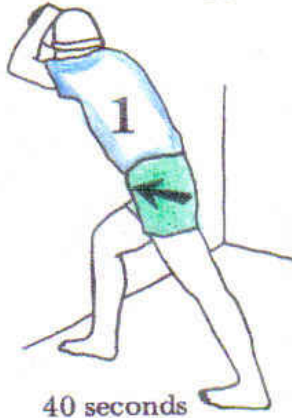


20 seconds
(page 44)

After

Running

Approximately 9 Minutes



40 seconds
each leg
(page 71)



15 seconds
each leg
(page 71)



30 seconds
(page 52)



20 seconds
(page 65)



30 seconds
(page 52)



15 times
each direction
(page 31)



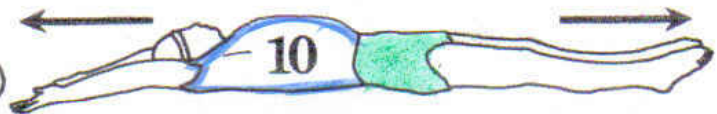
30 seconds
each leg
(page 33)



30 seconds
each leg
(page 36)



40 seconds
(page 56)



3 times
5 seconds
(page 28)



60 seconds
(page 24)



25 seconds
each side
(page 24)