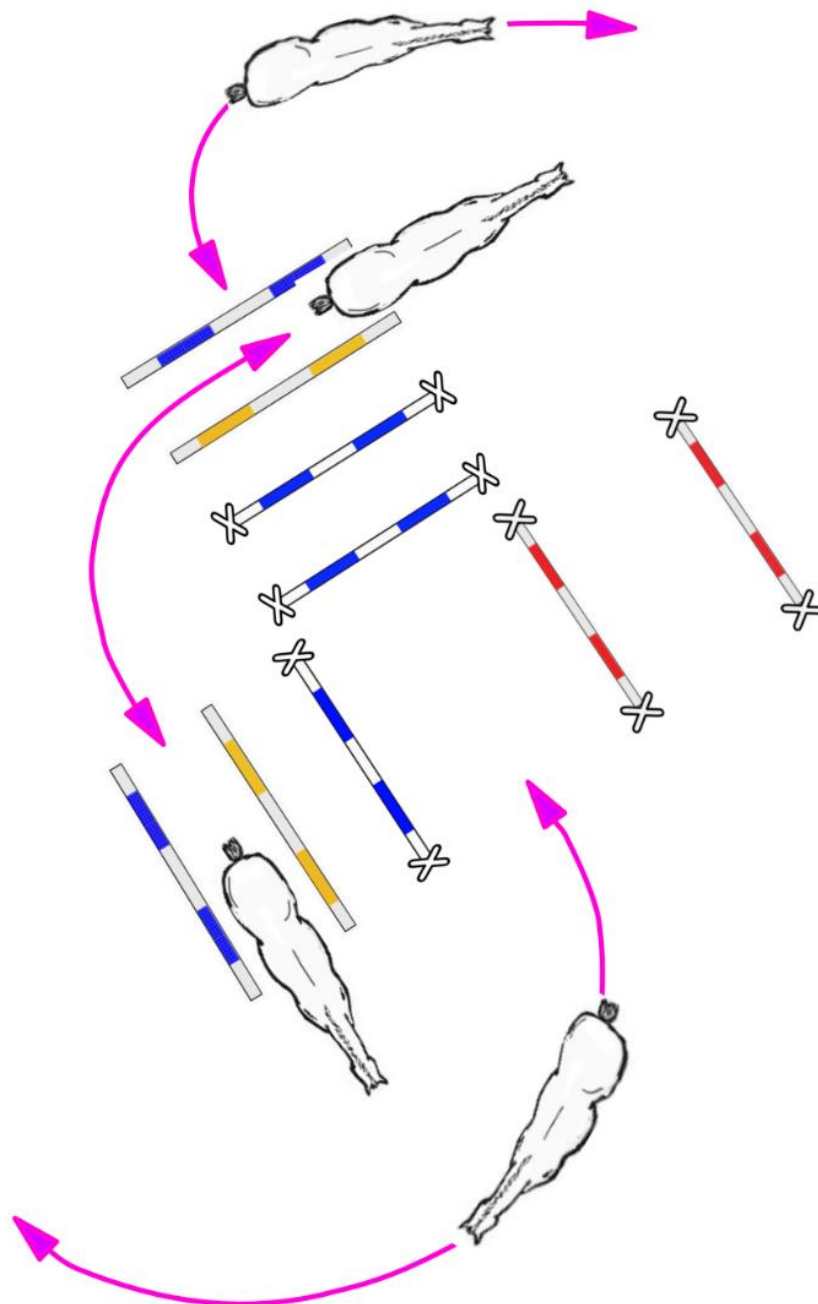


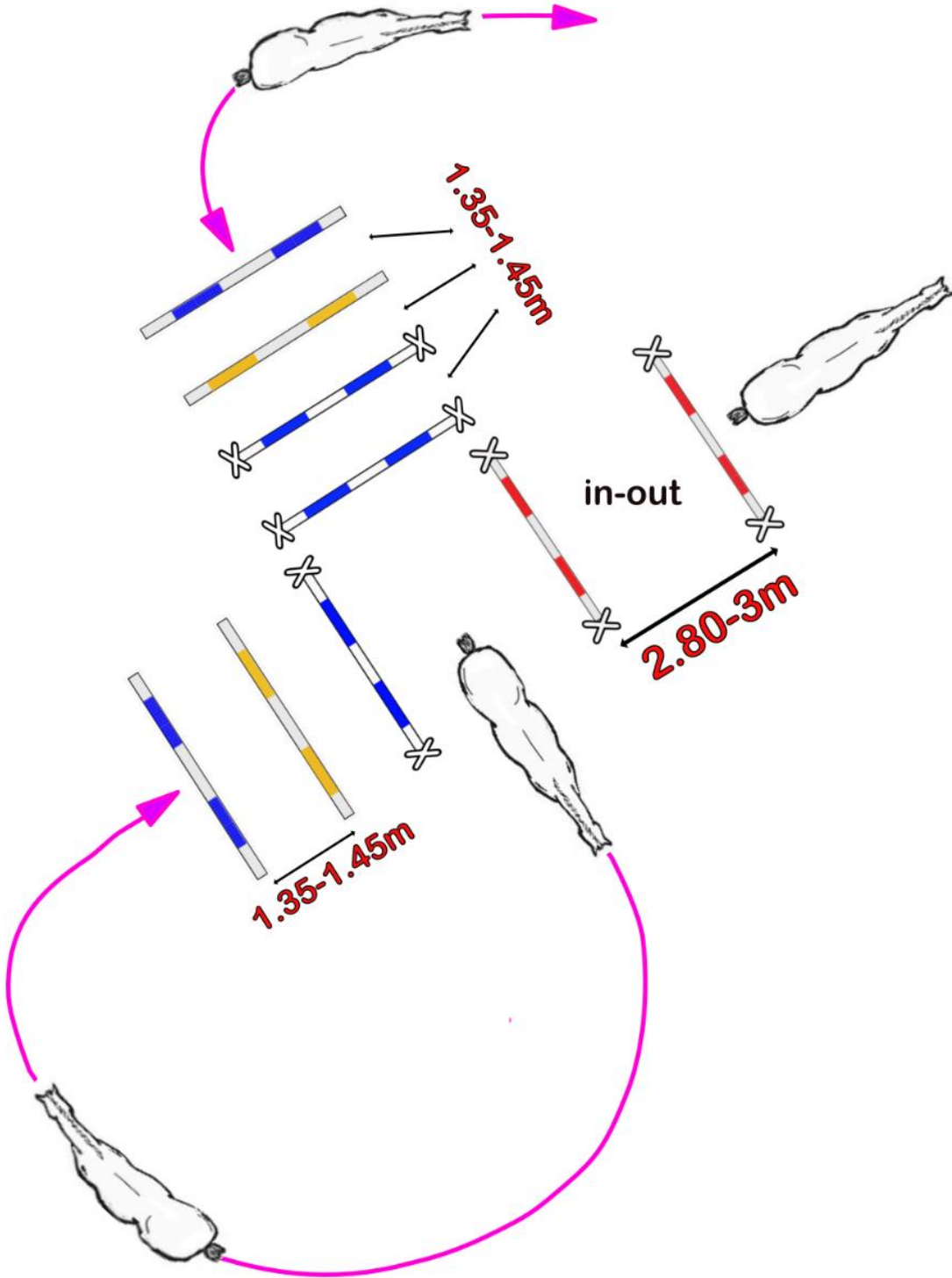
Exercise V8.a

Progressives Training



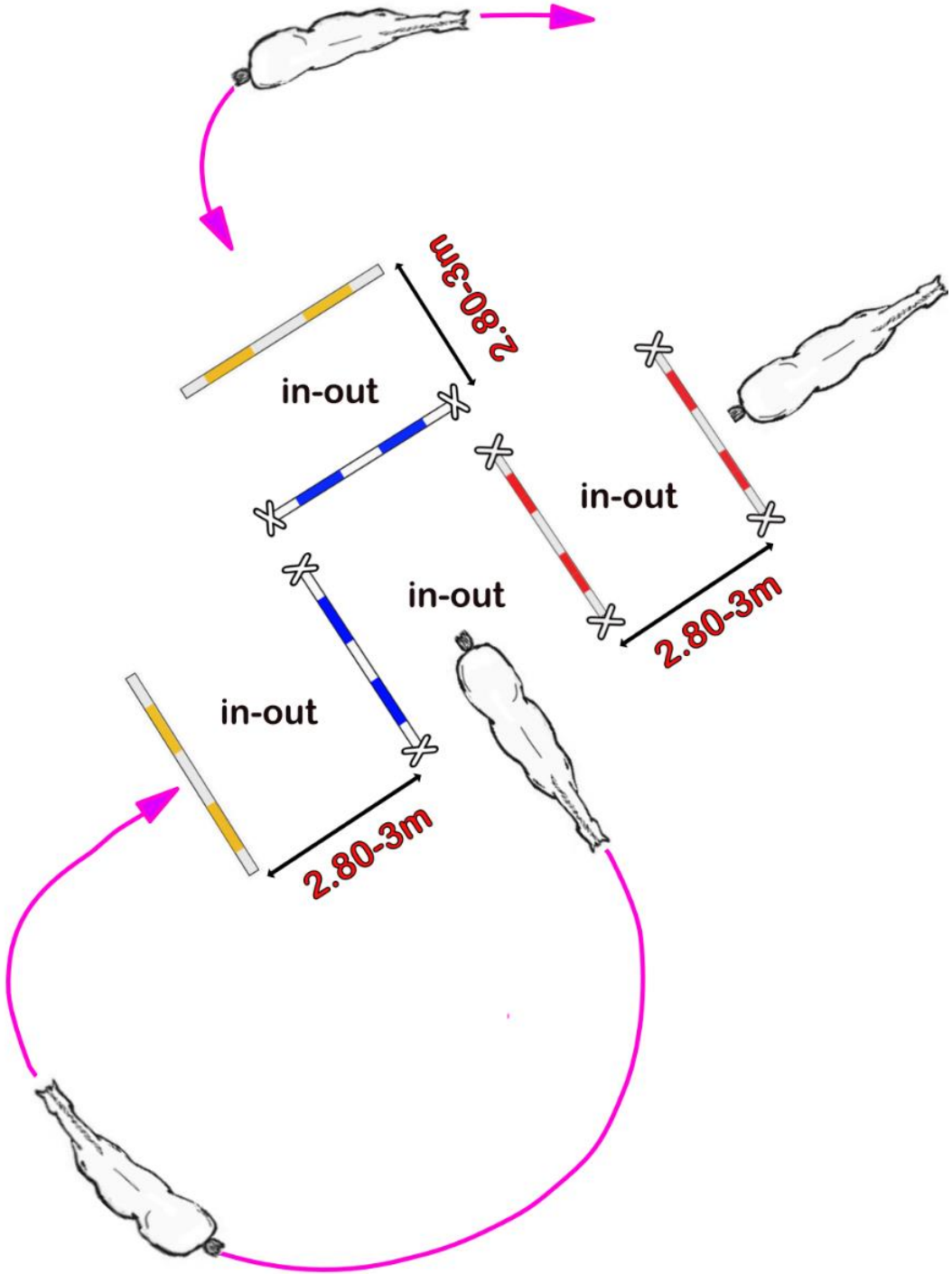
Exercise V8.b

Progressives Training



Exercise V8.c

Progressives Training



Exercise V8.d

Progressives Training

