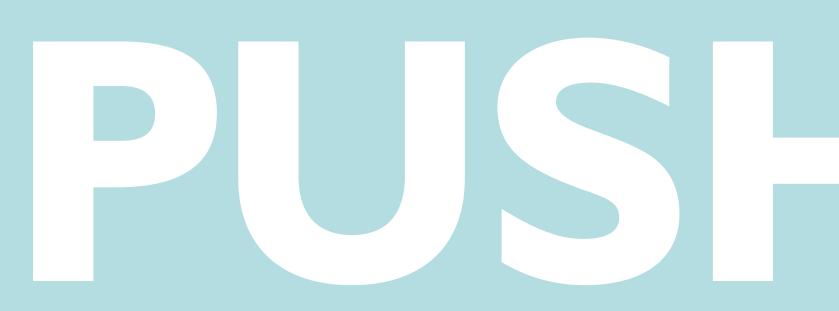


EXERCISE

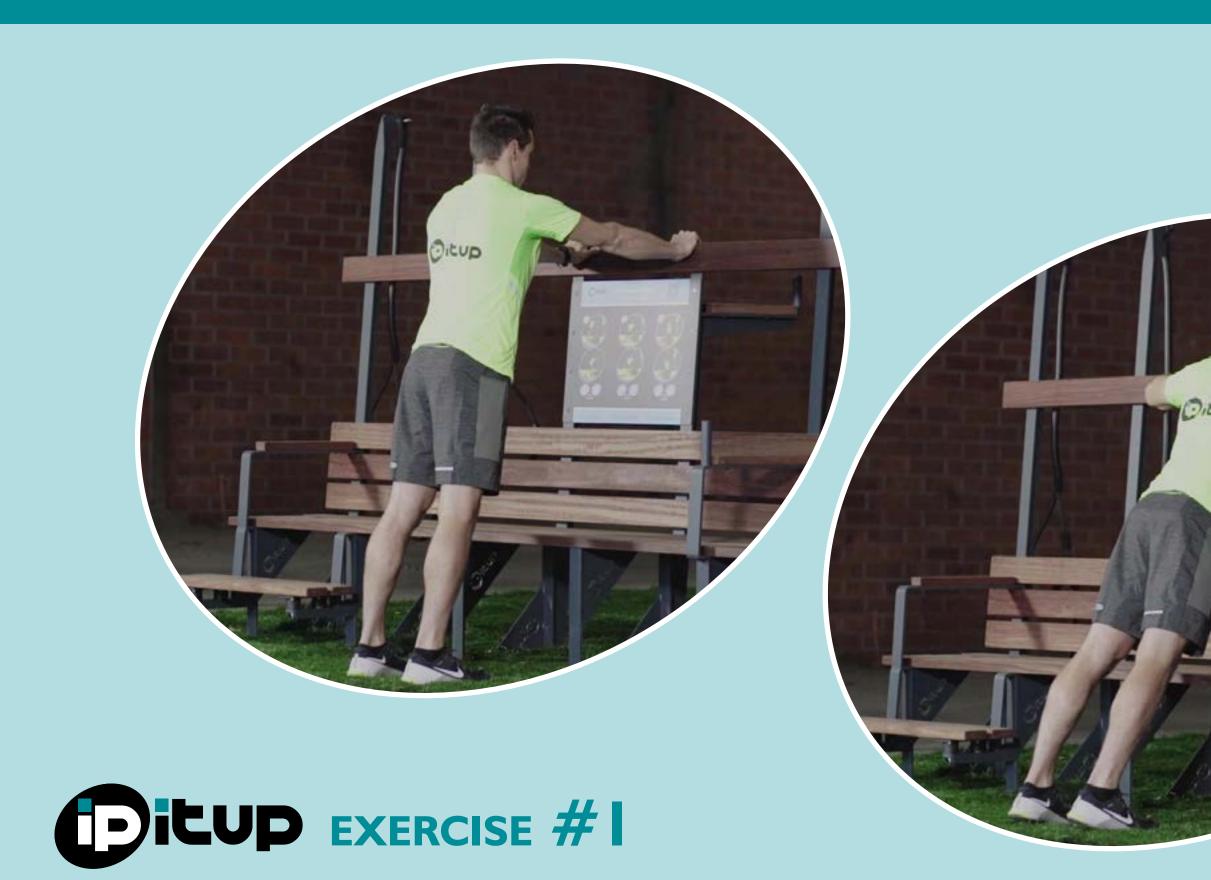


5 LEVELS





5 LEVELS



PUSH LEVEL I

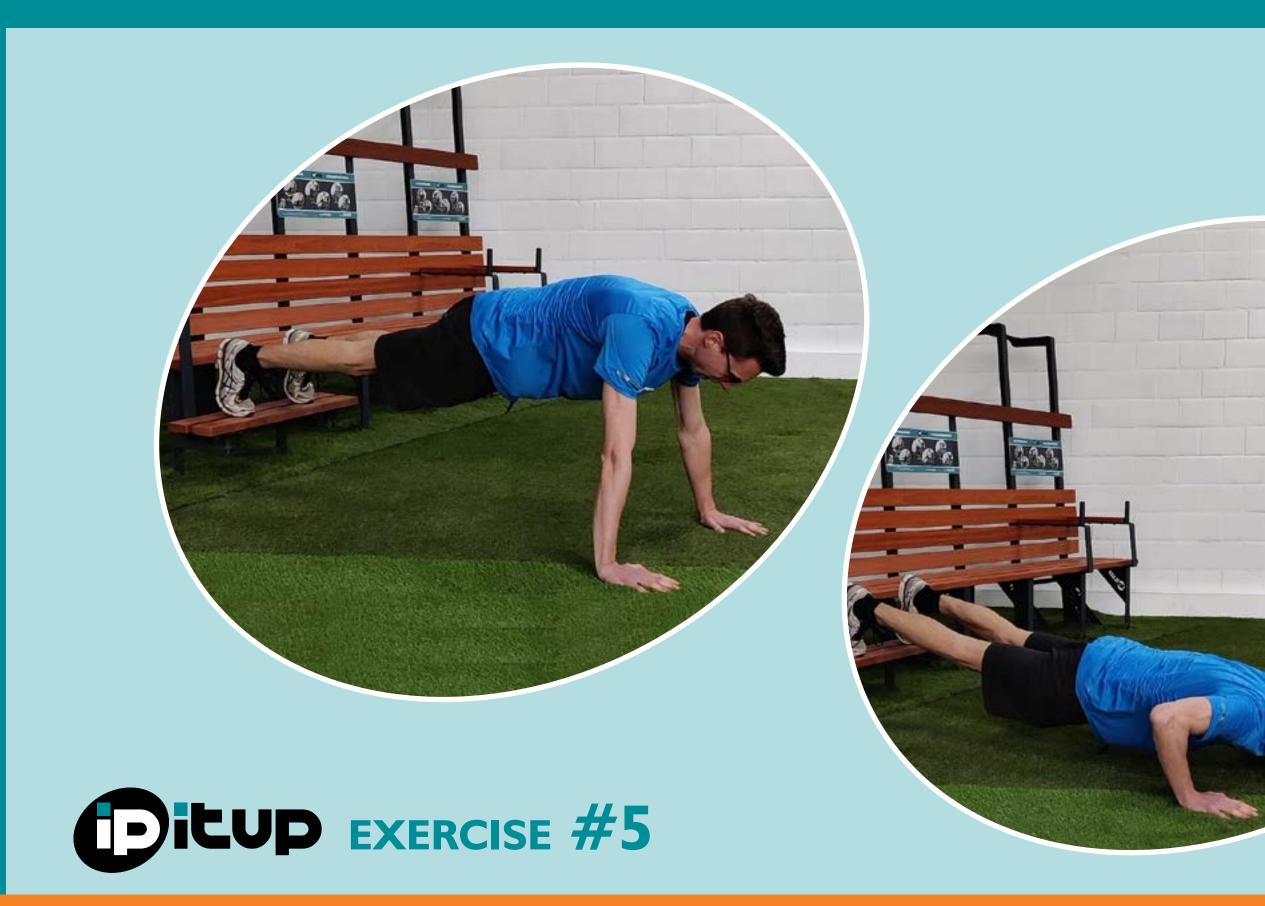






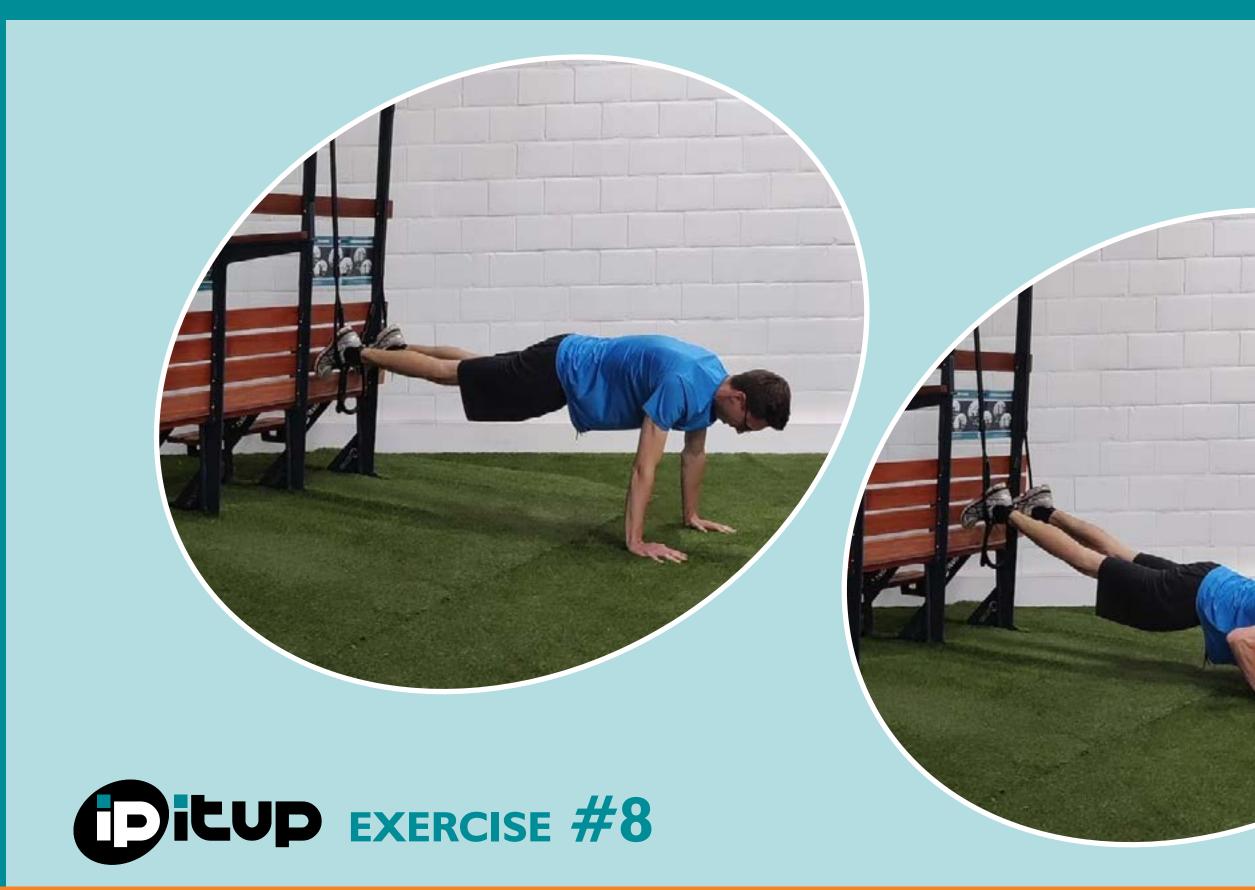








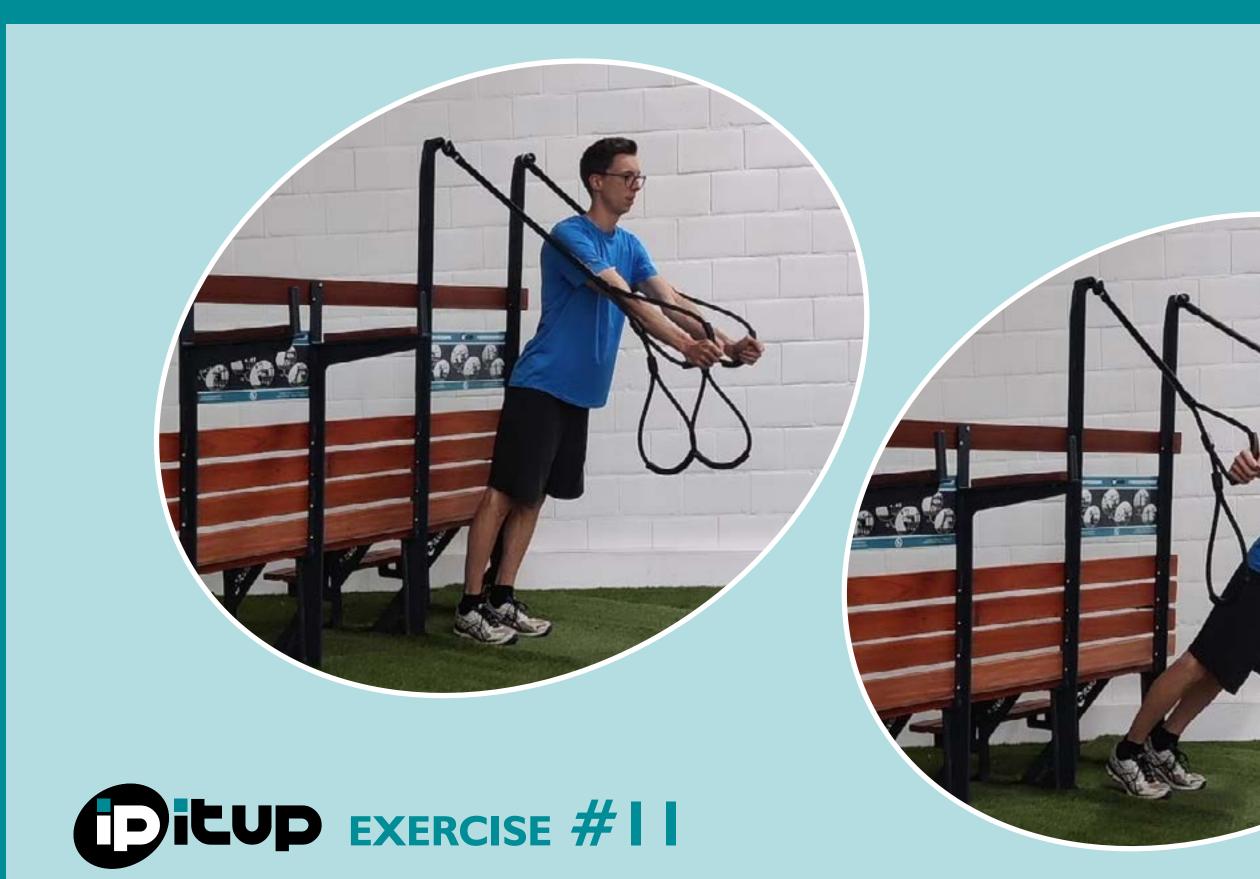


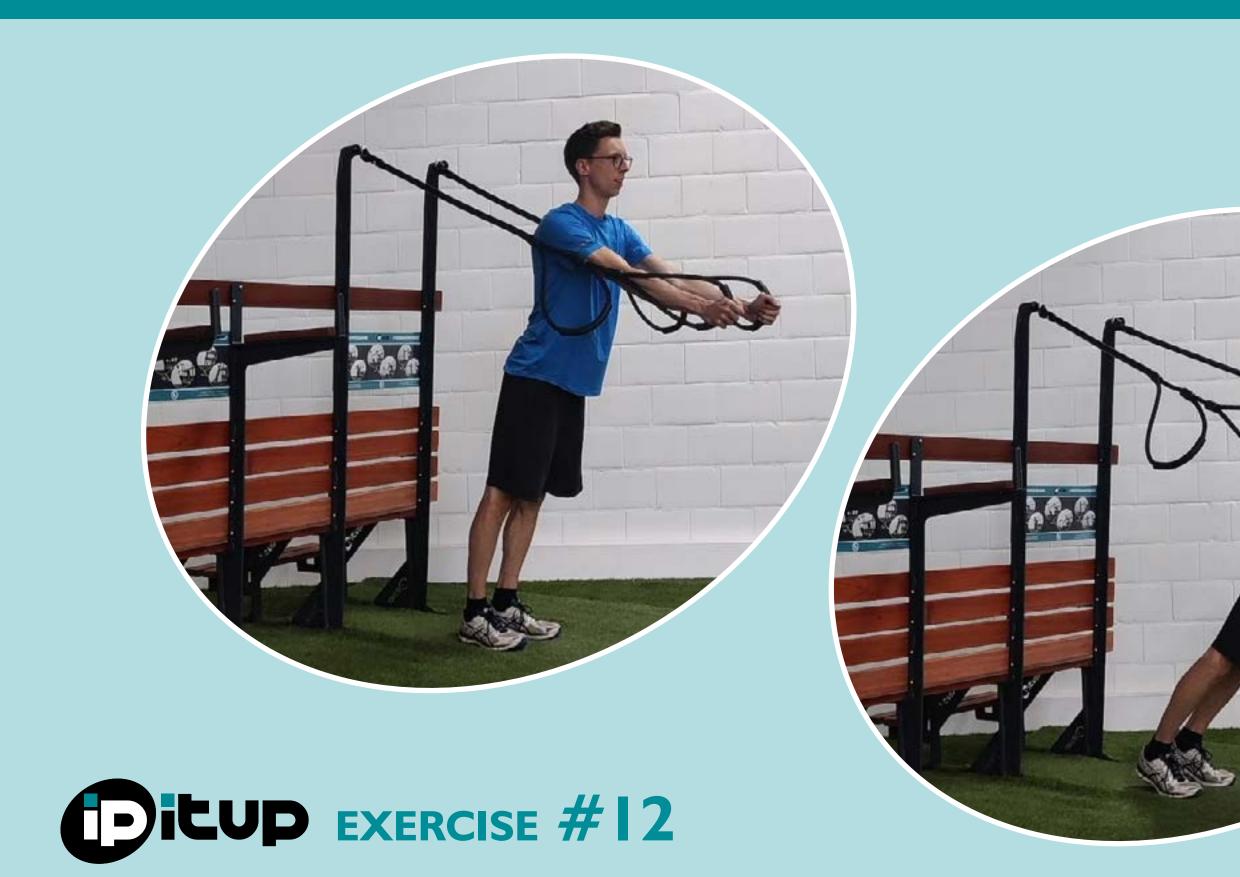




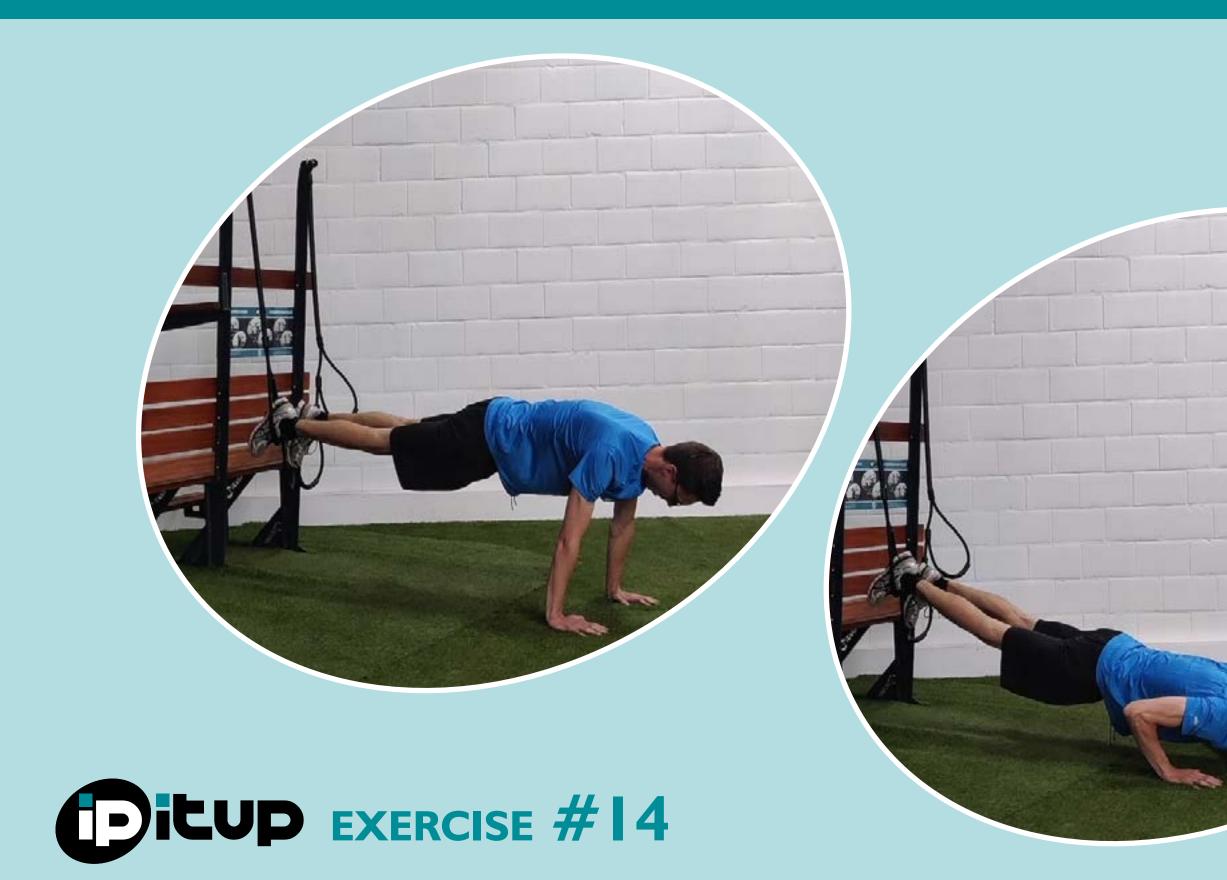




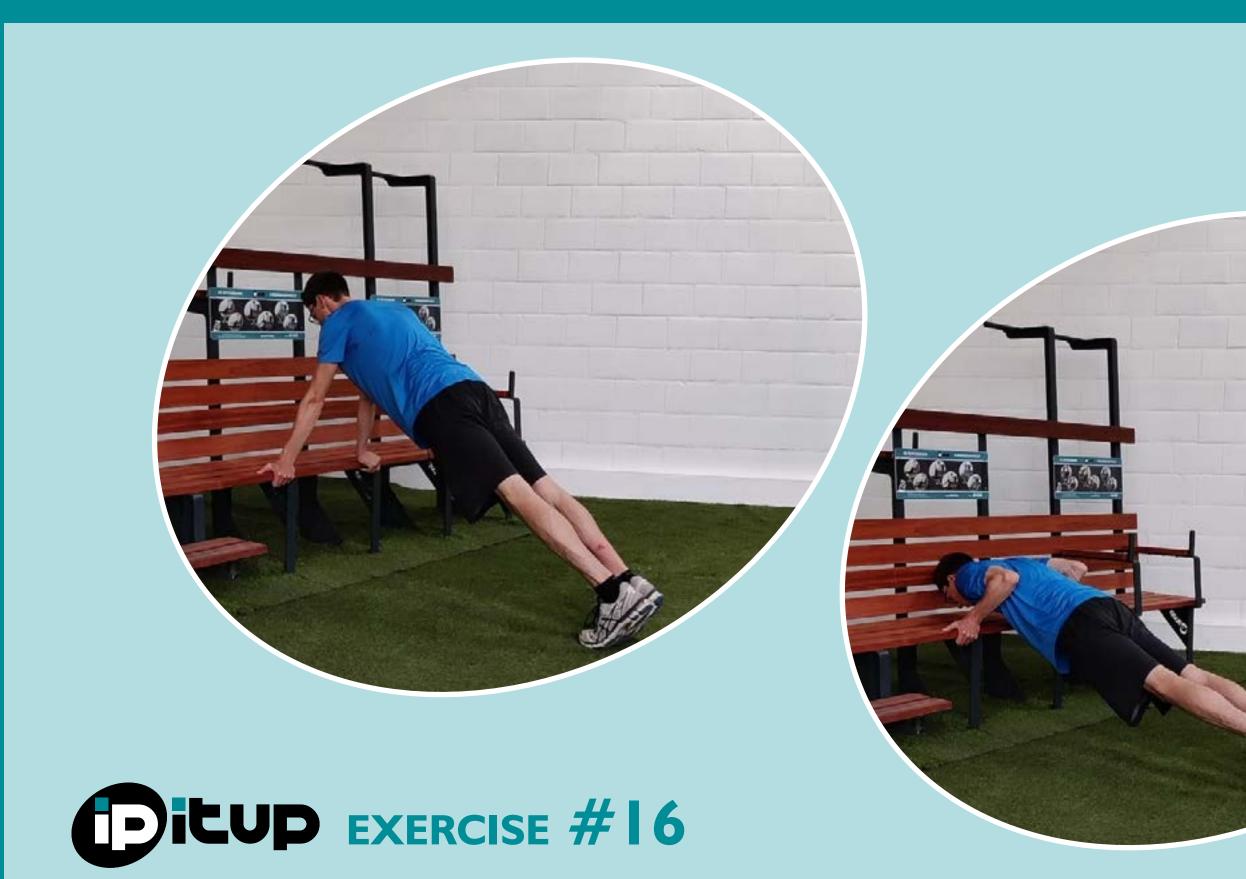














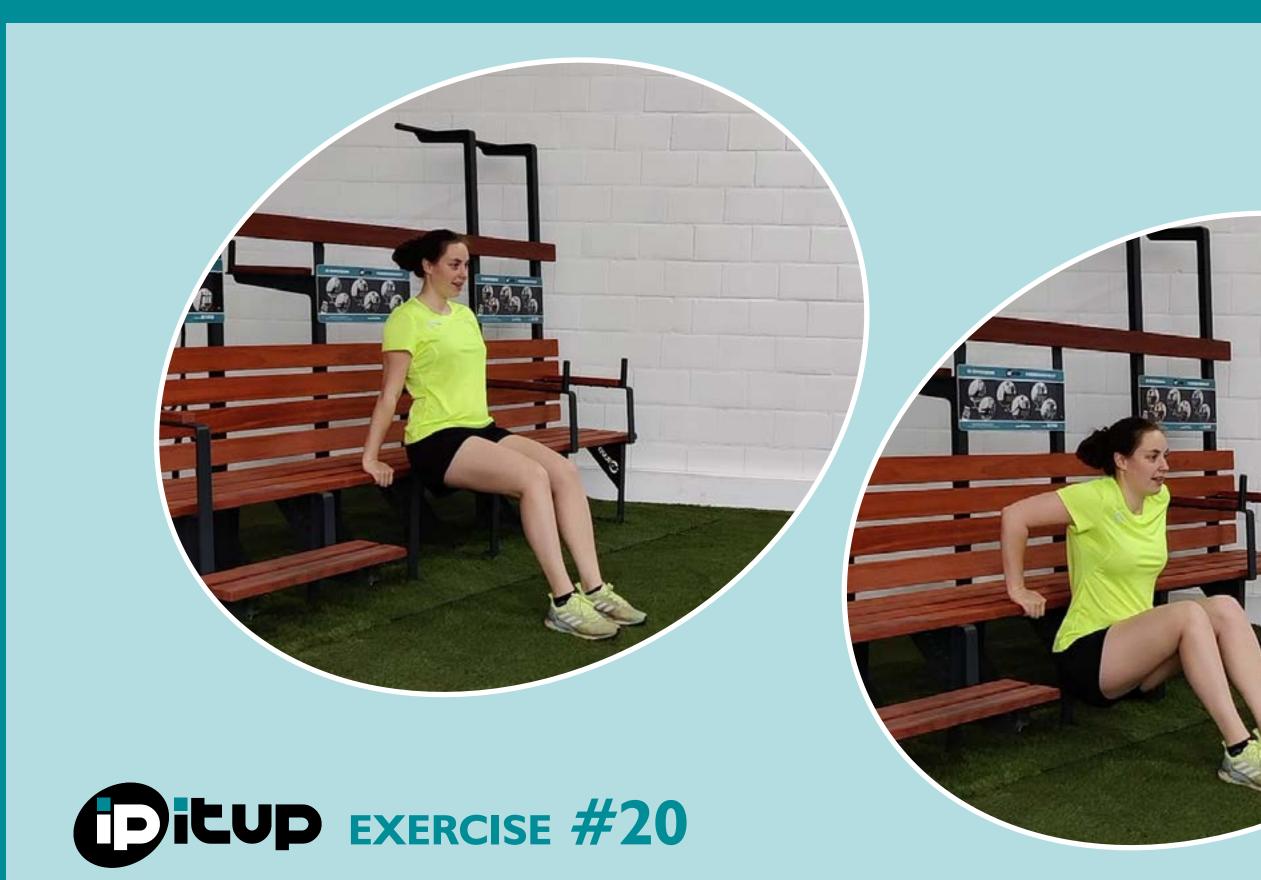


PUSH LEVEL I





LEVEL |



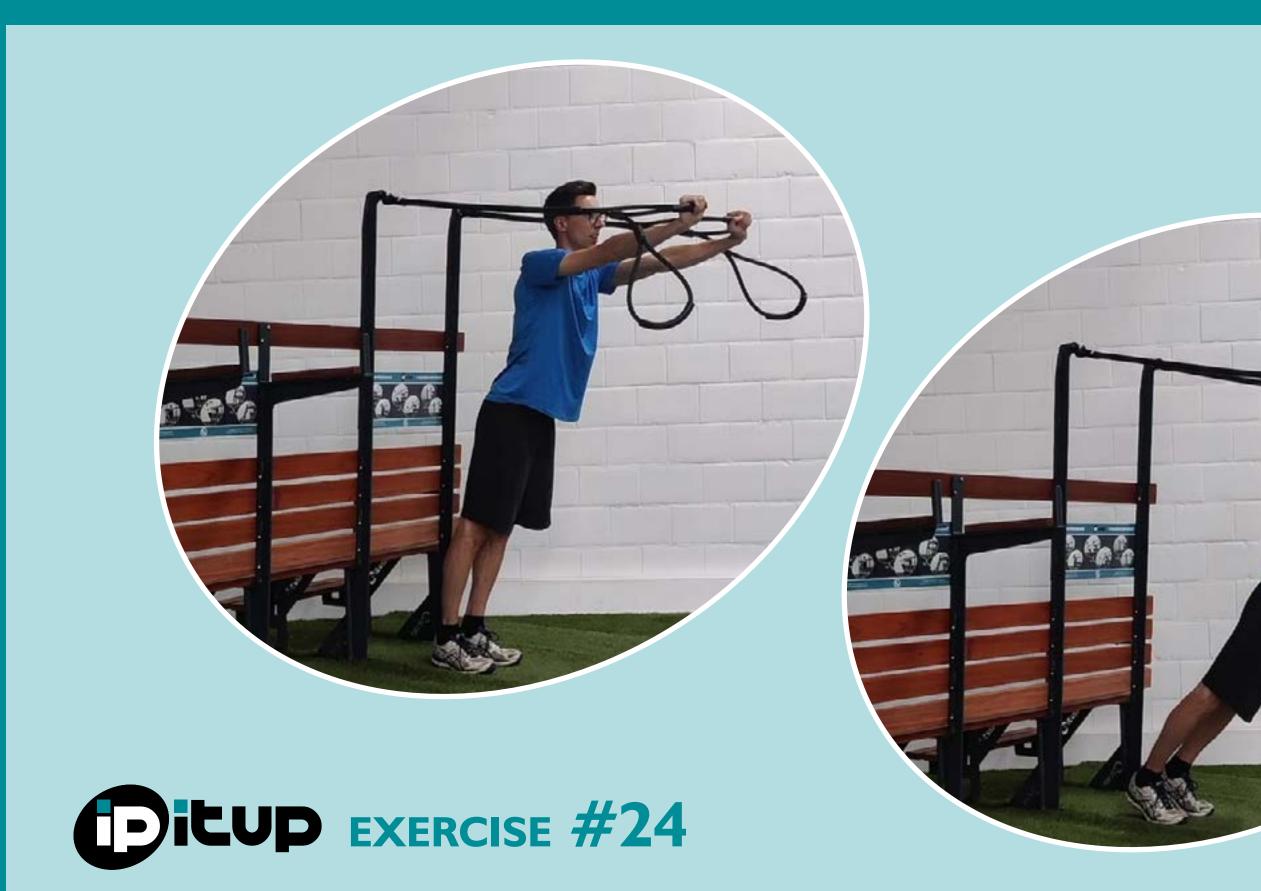




LEVEL 2









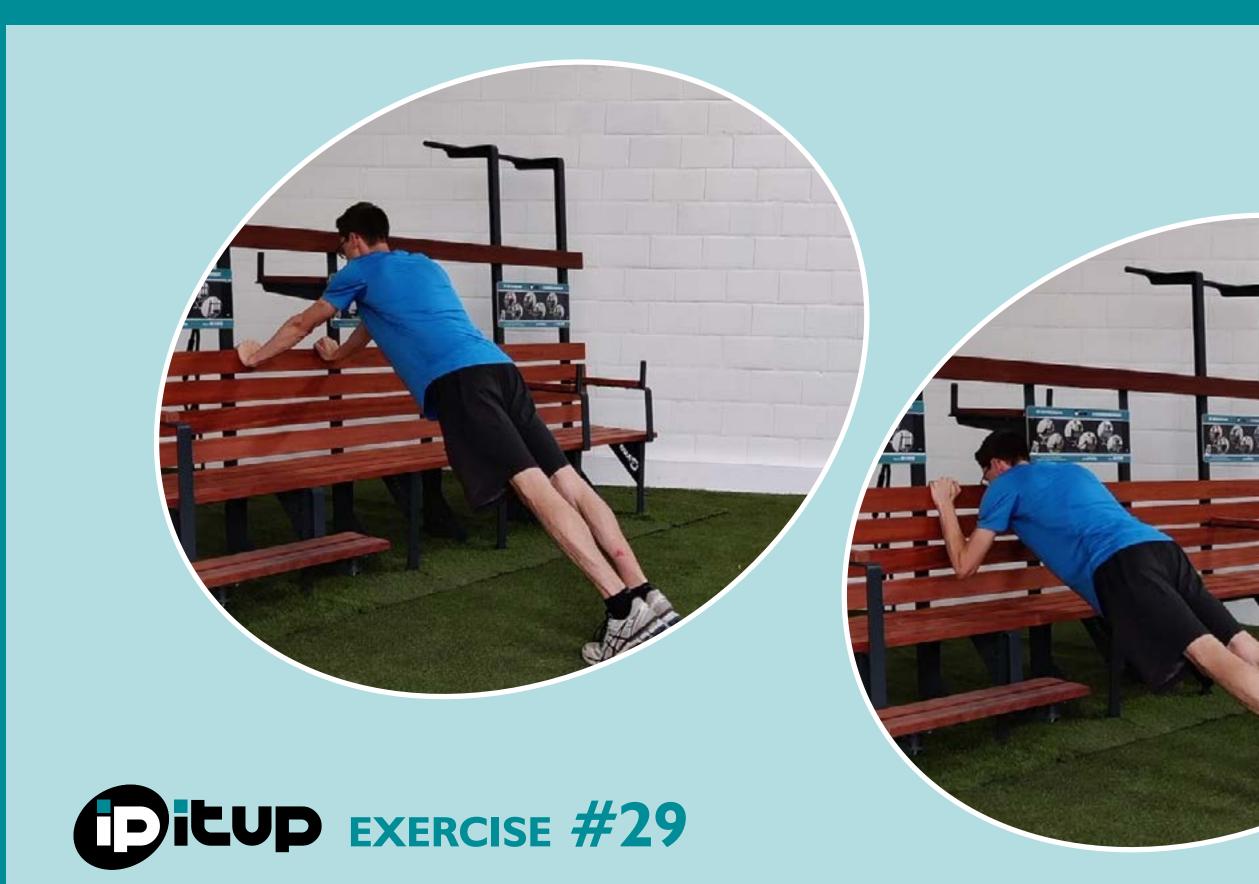


LEVEL 3



LEVEL 5











PUSH LEVEL I



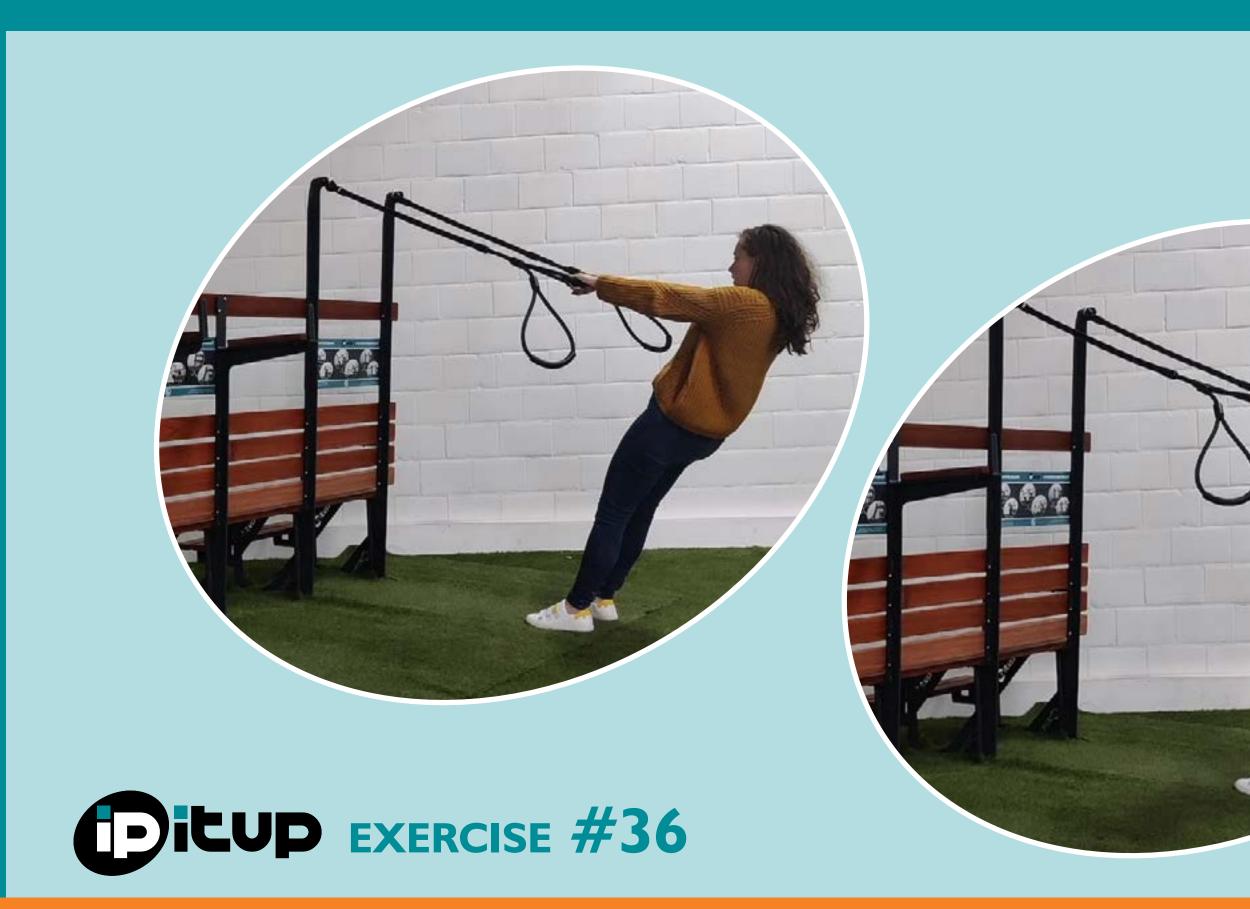














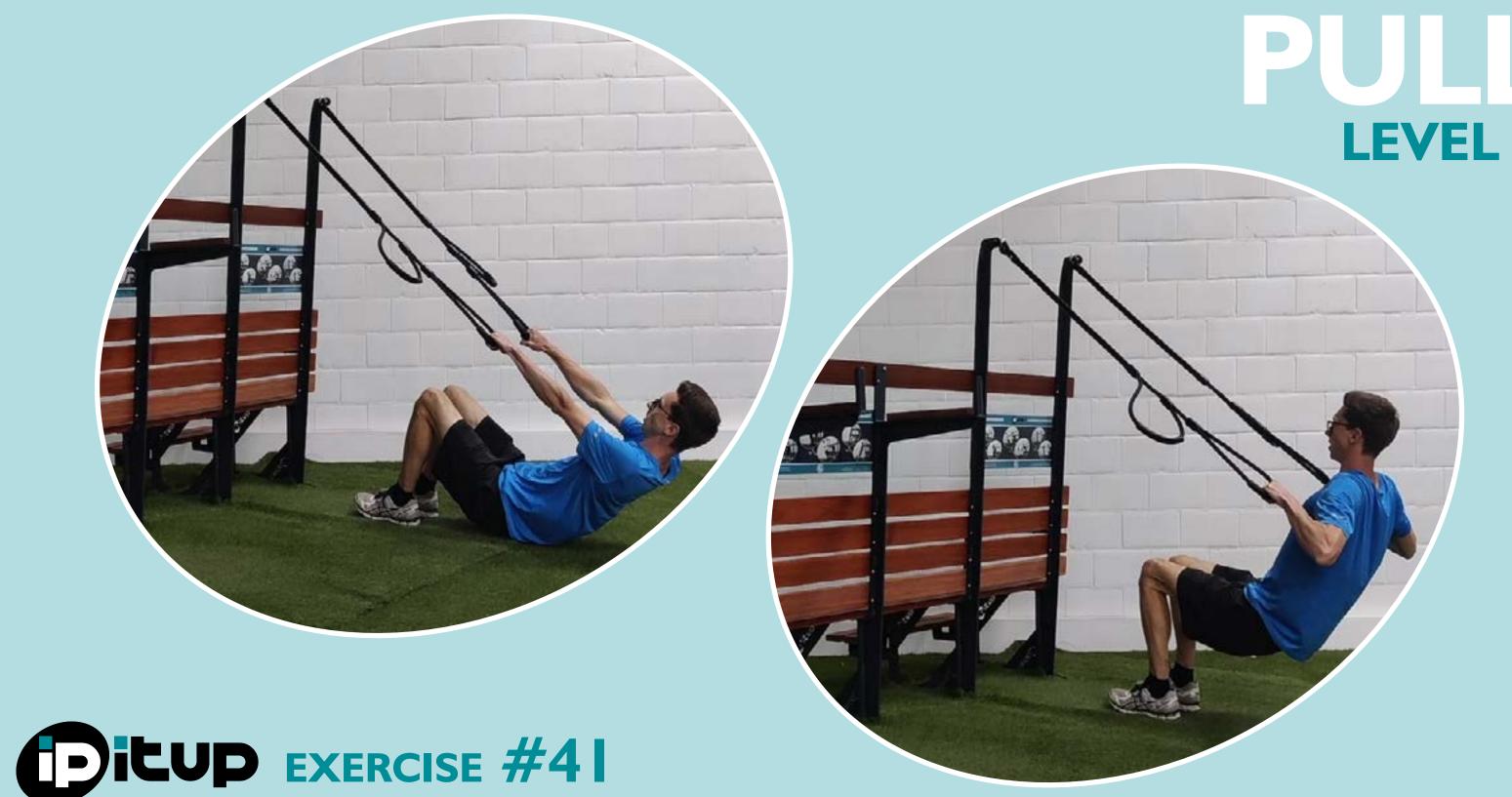


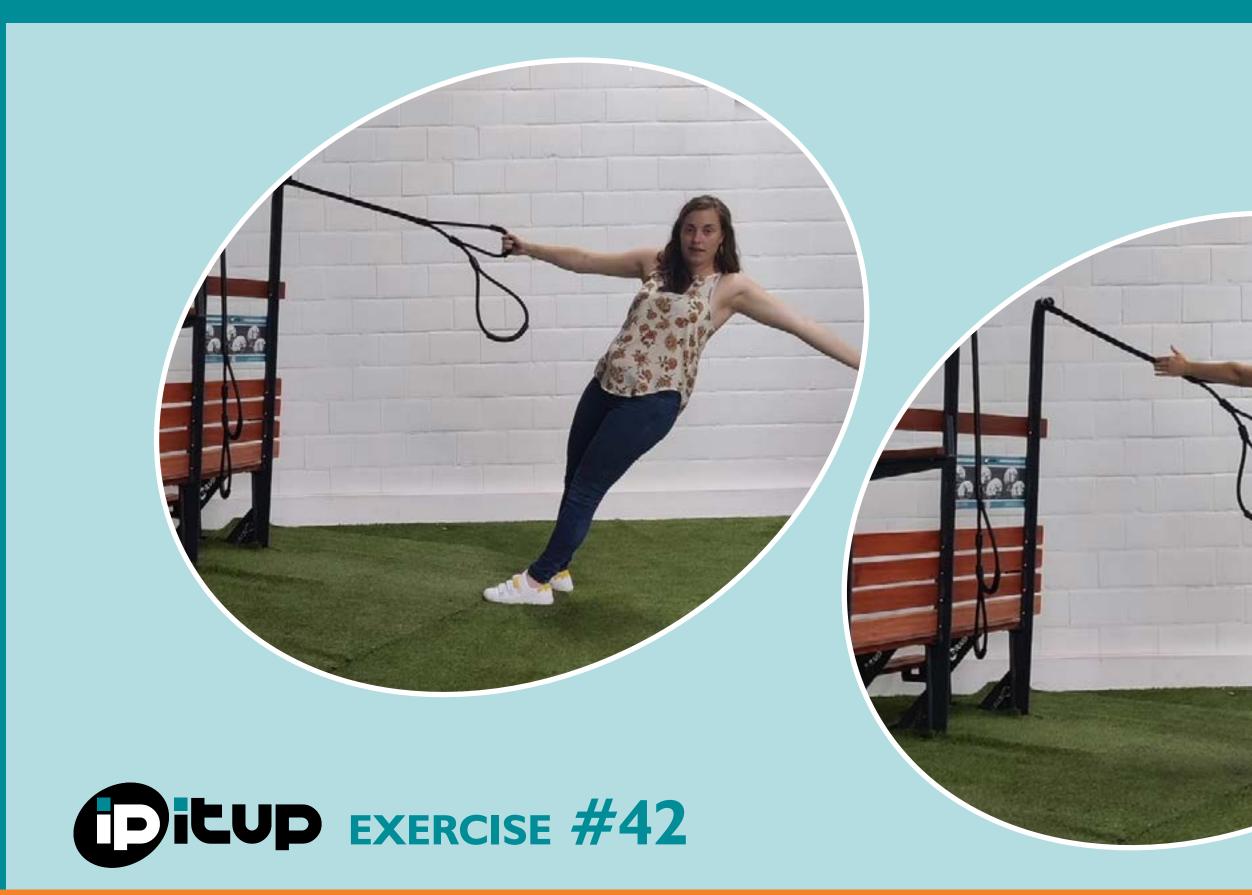
PUIL LEVEL 4



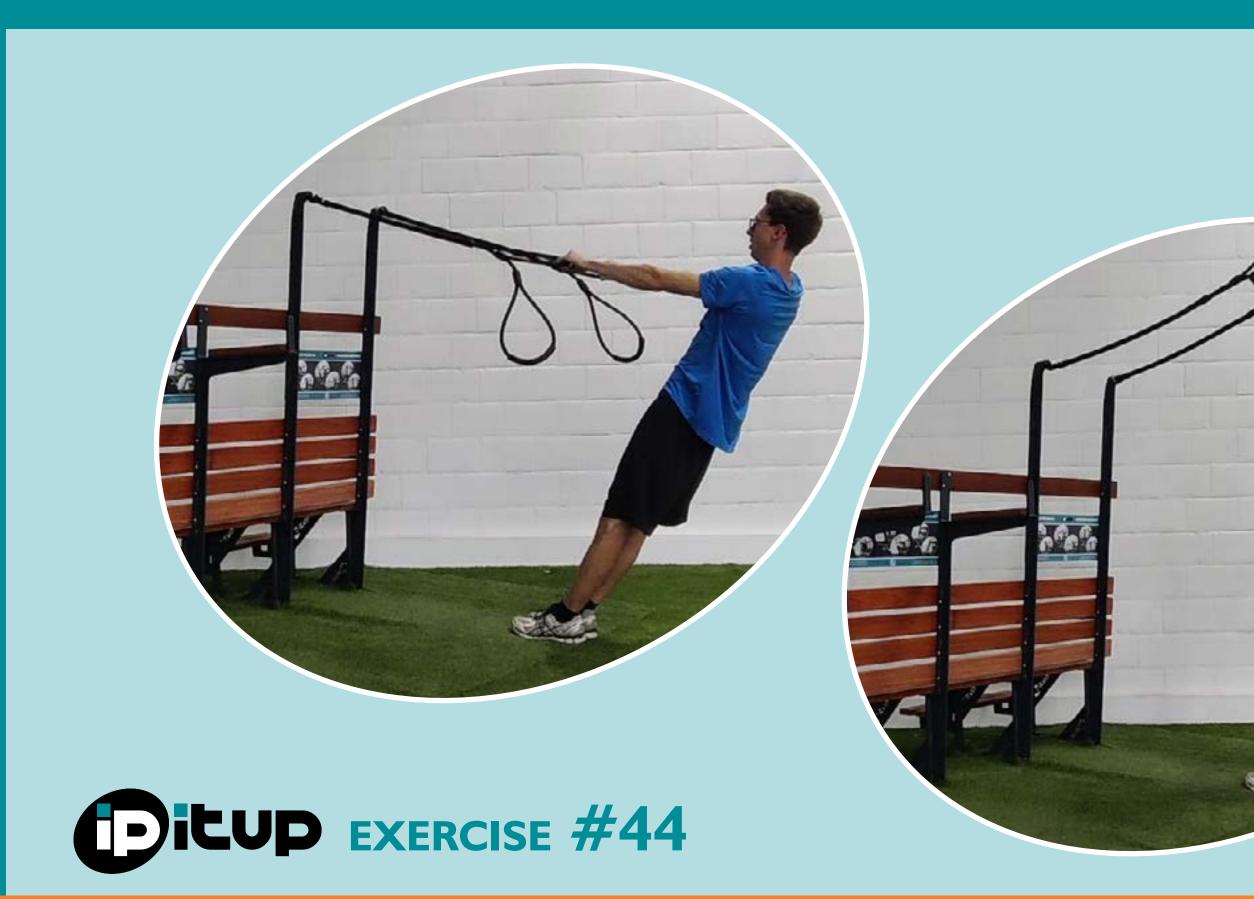
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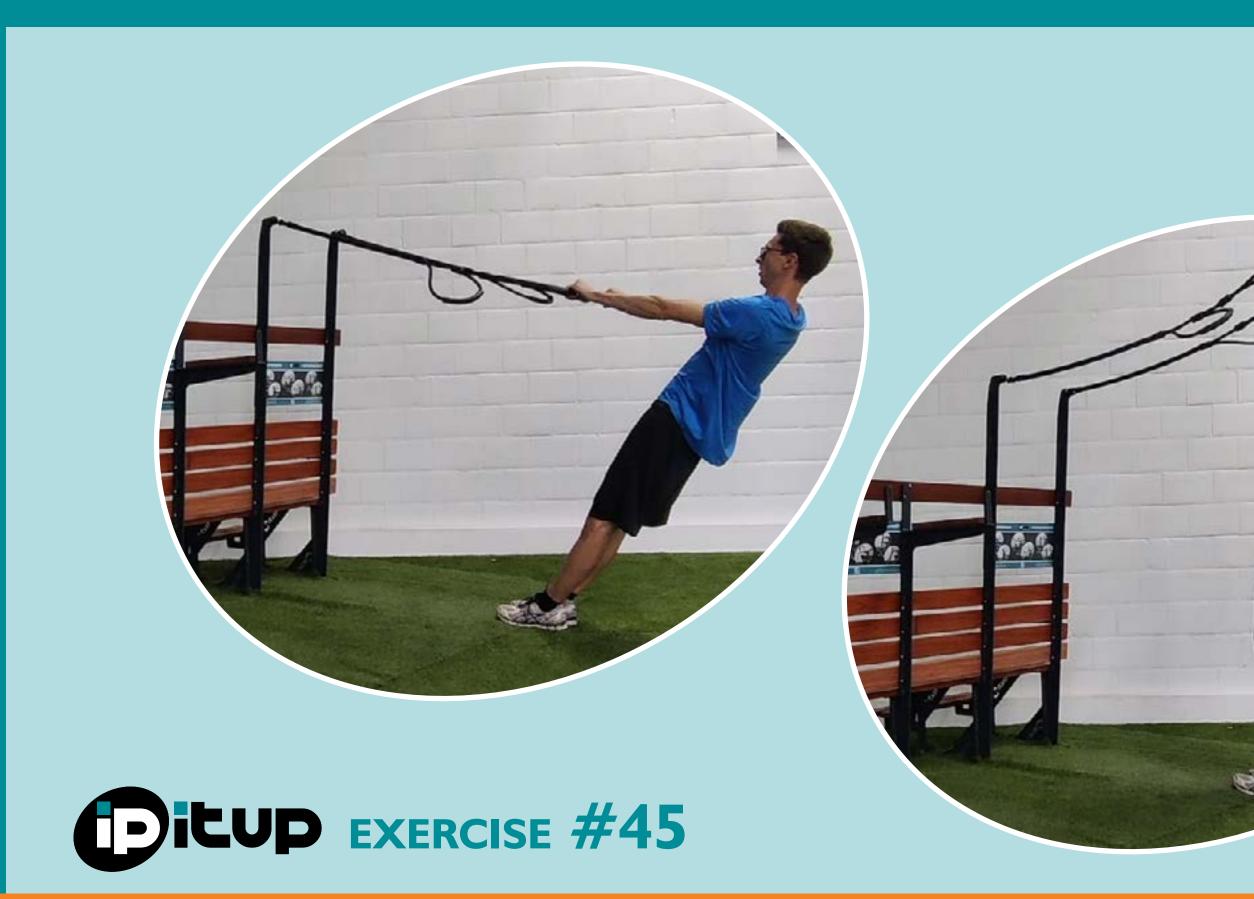






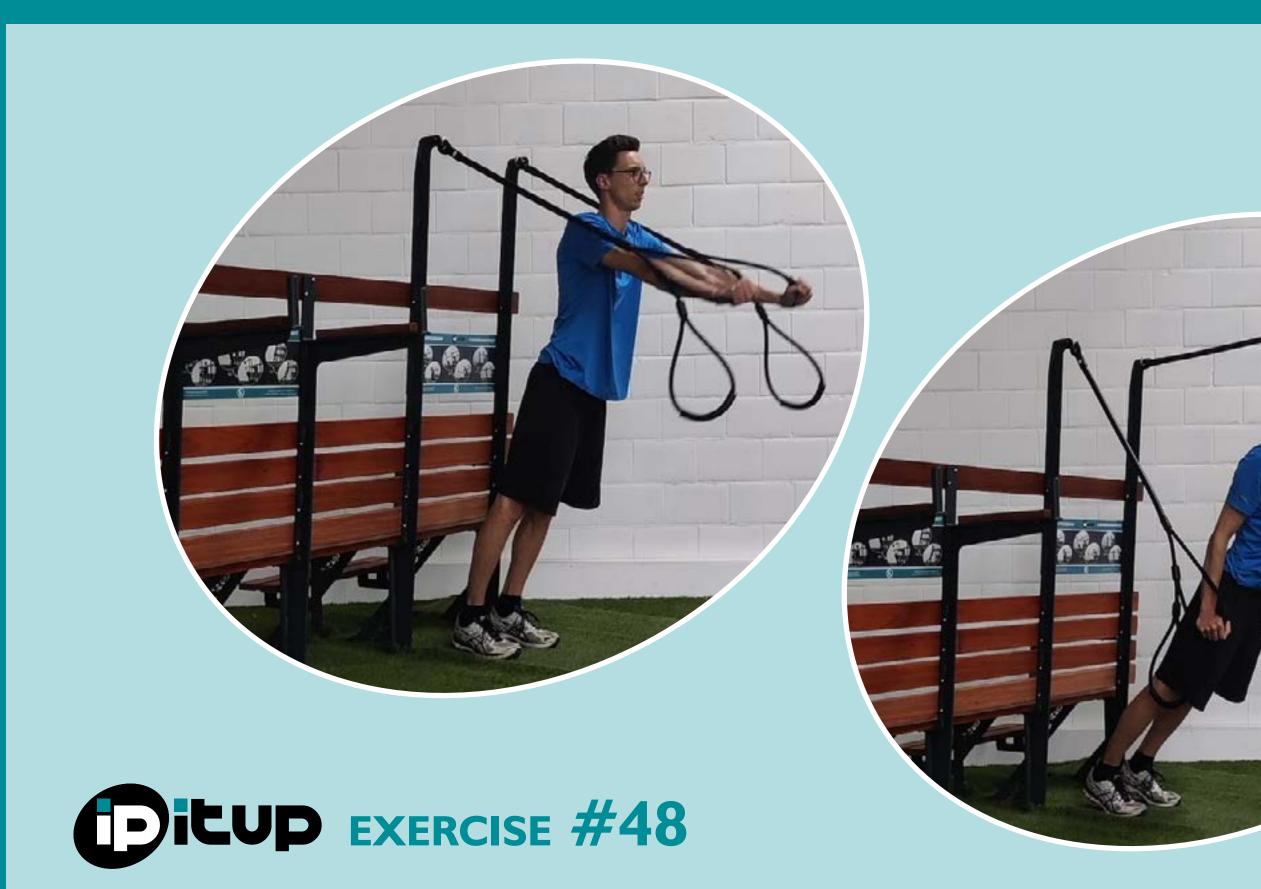


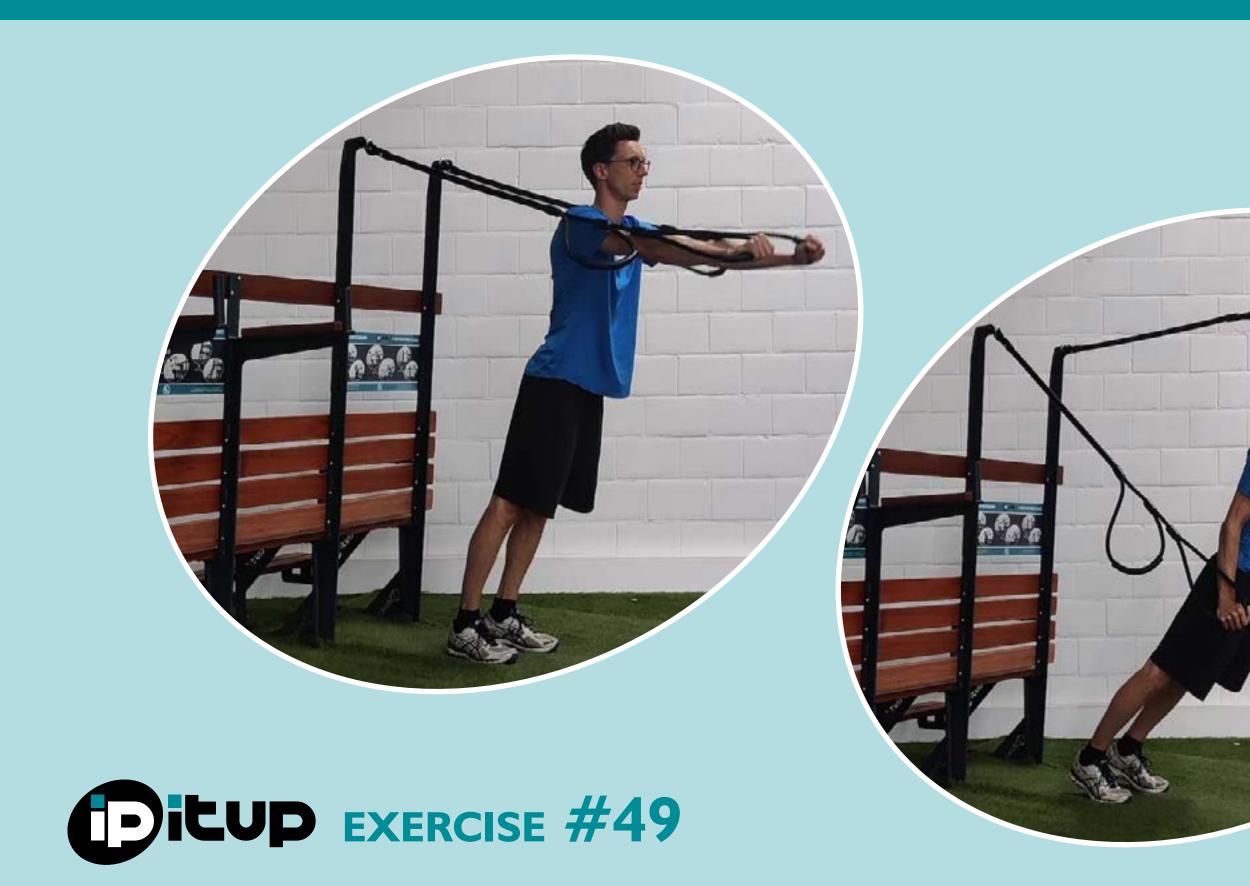














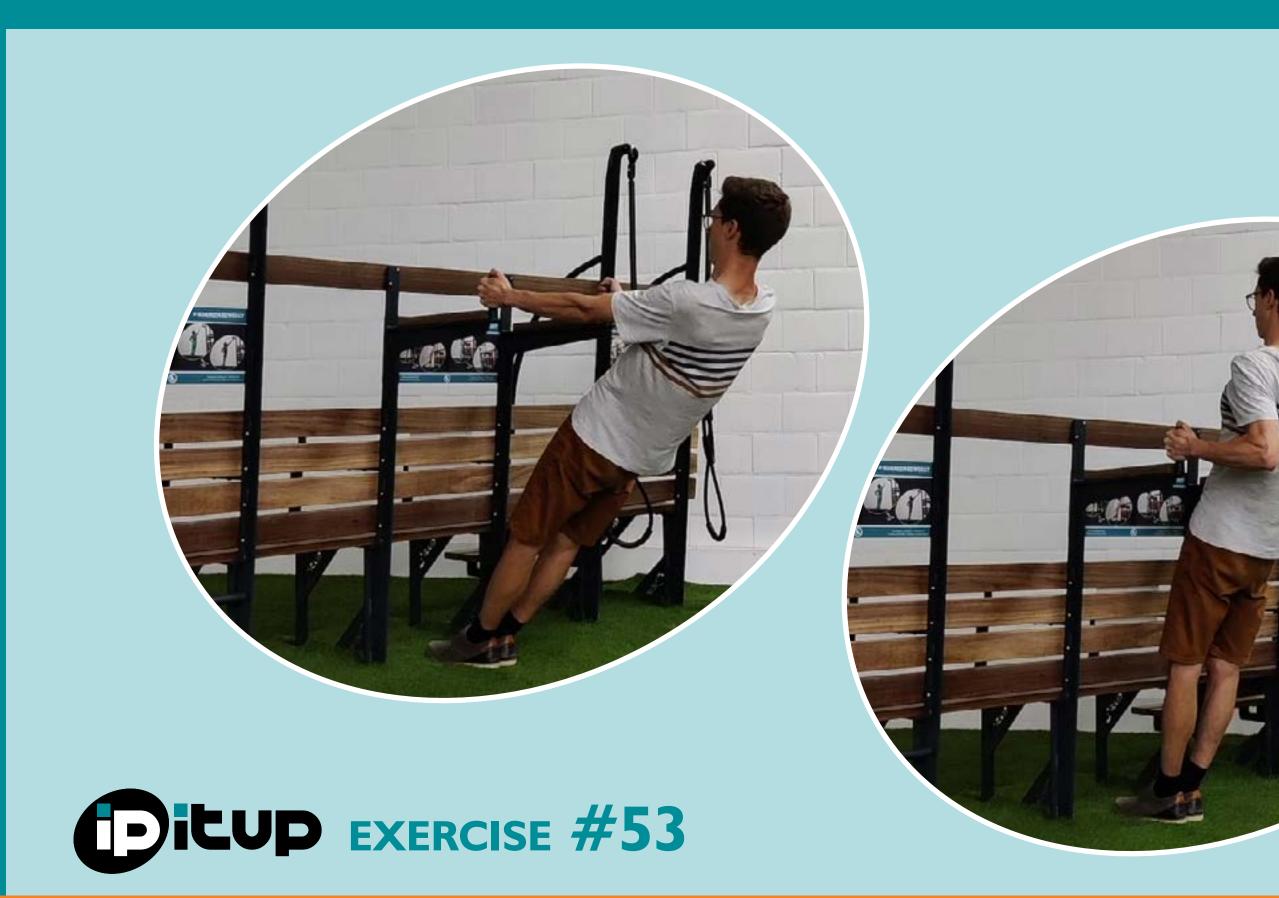
PULL LEVEL I

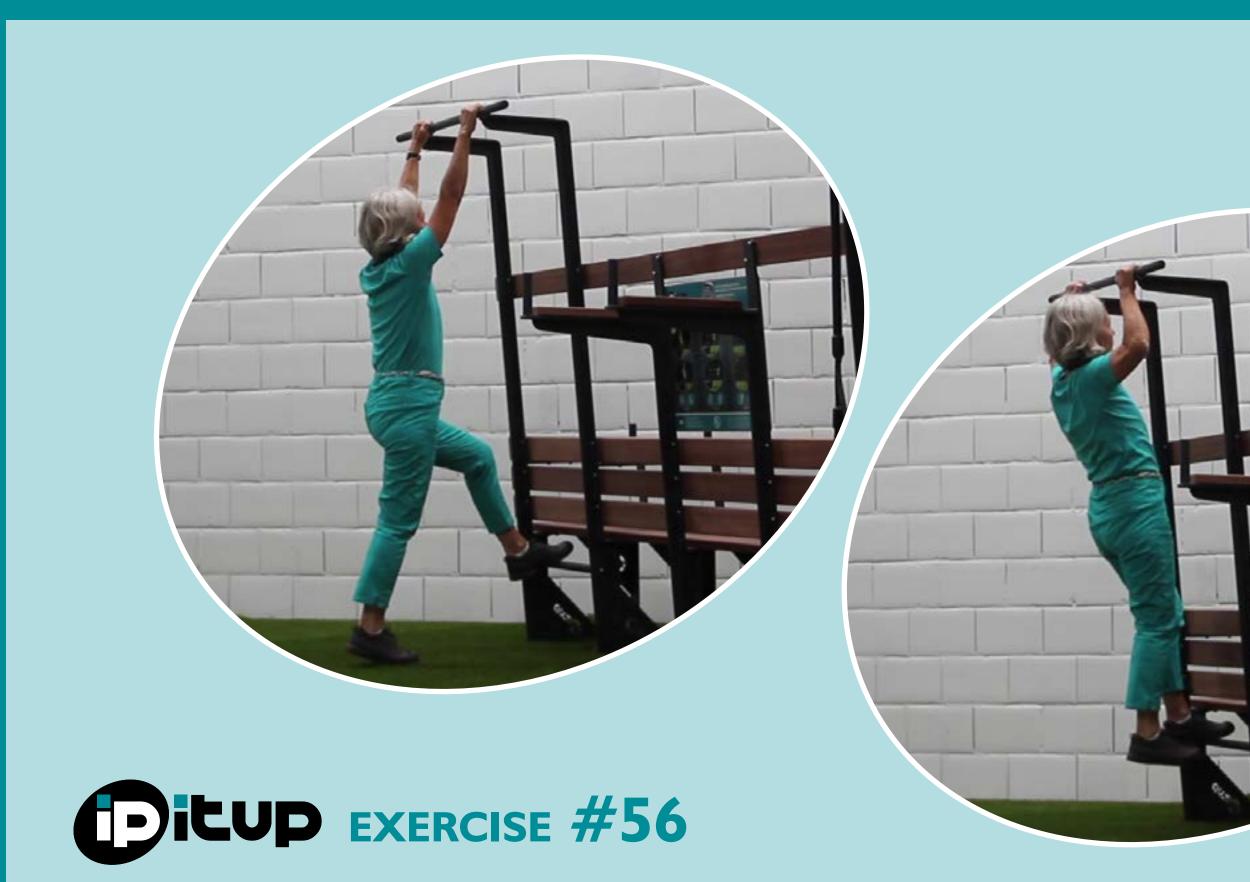




PULL LEVEL I







PULL LEVEL I



1-11

PUIL LEVEL 2



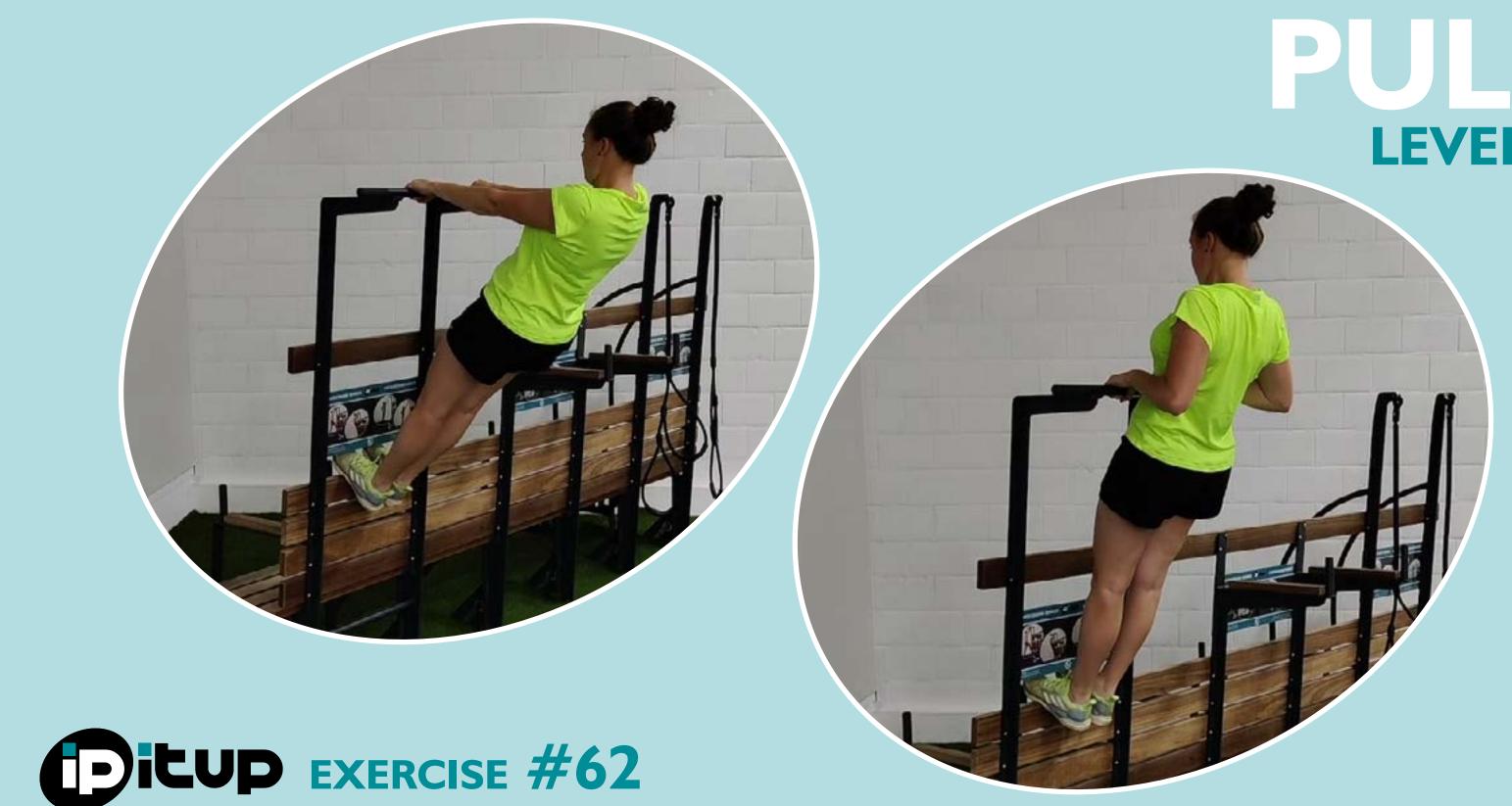






1411

PUIL LEVEL 2





PUIL LEVEL 4







PULL LEVEL I



PULL LEVEL I



















LEVEL I



LEVEL I



LEVEL 2

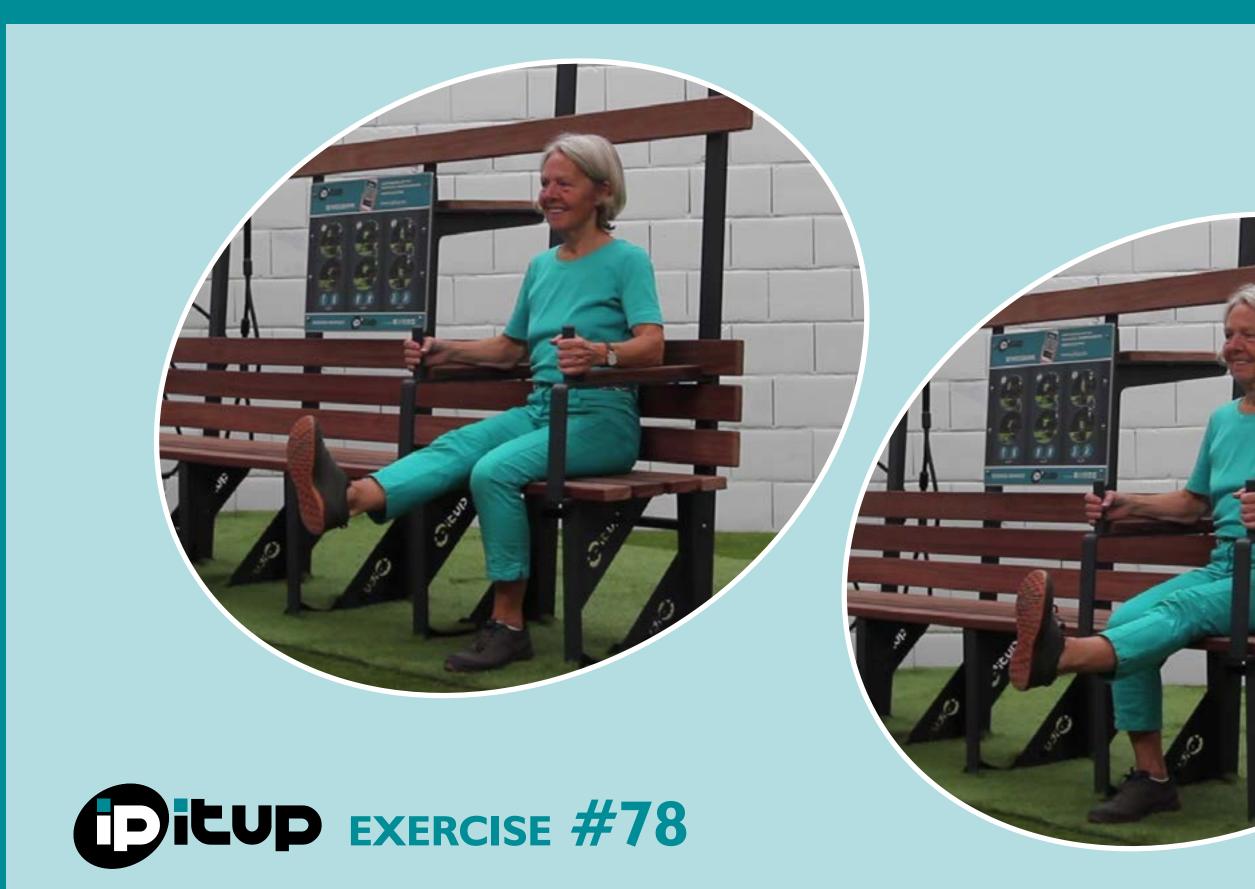






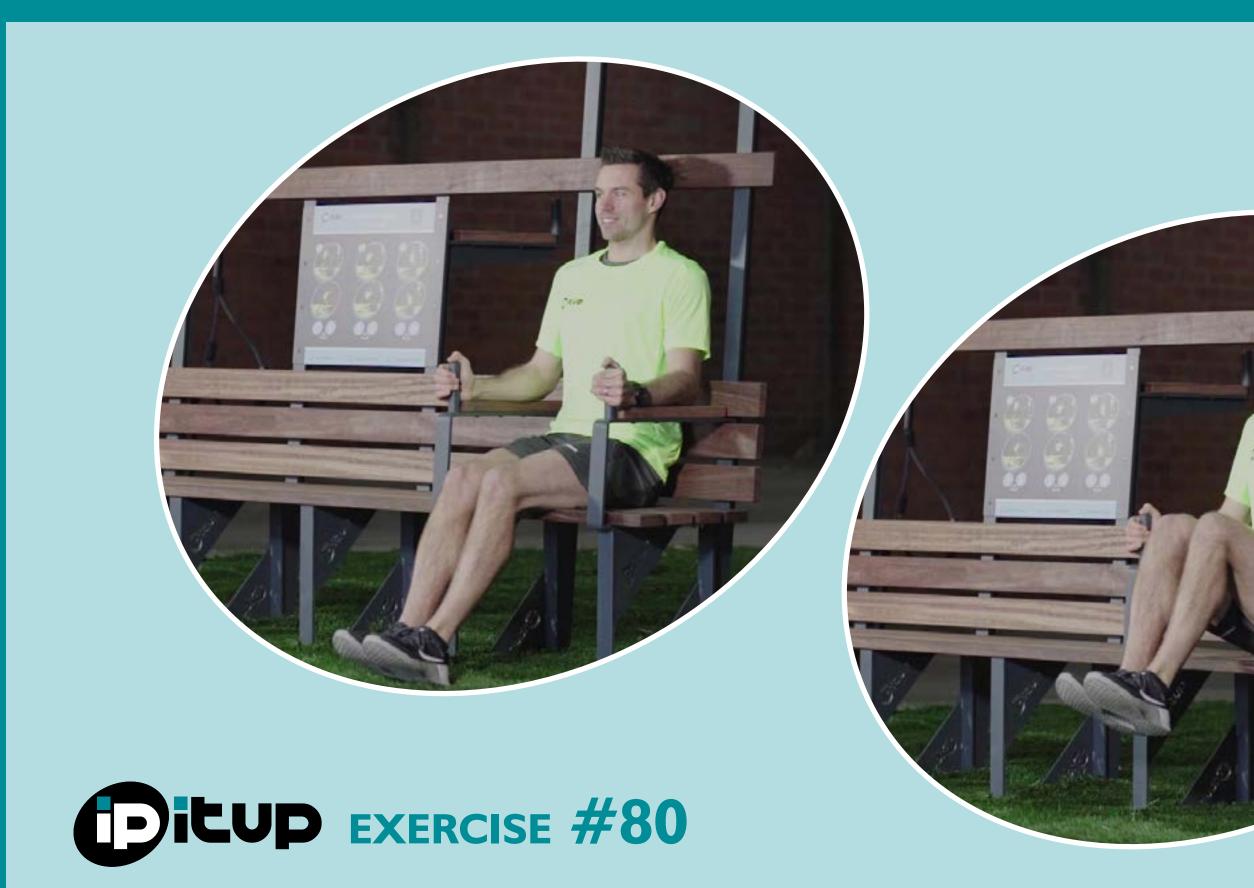


CORE LEVEL I



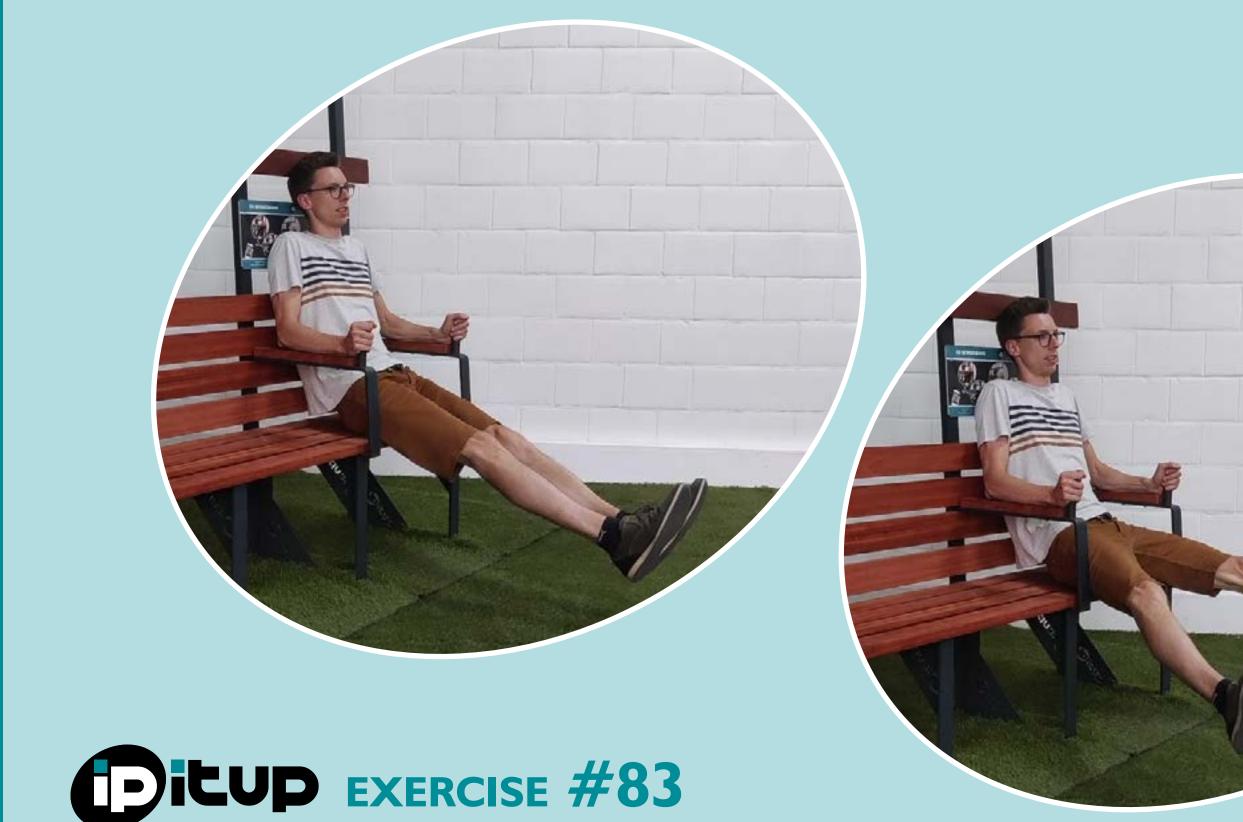
CORE LEVEL I















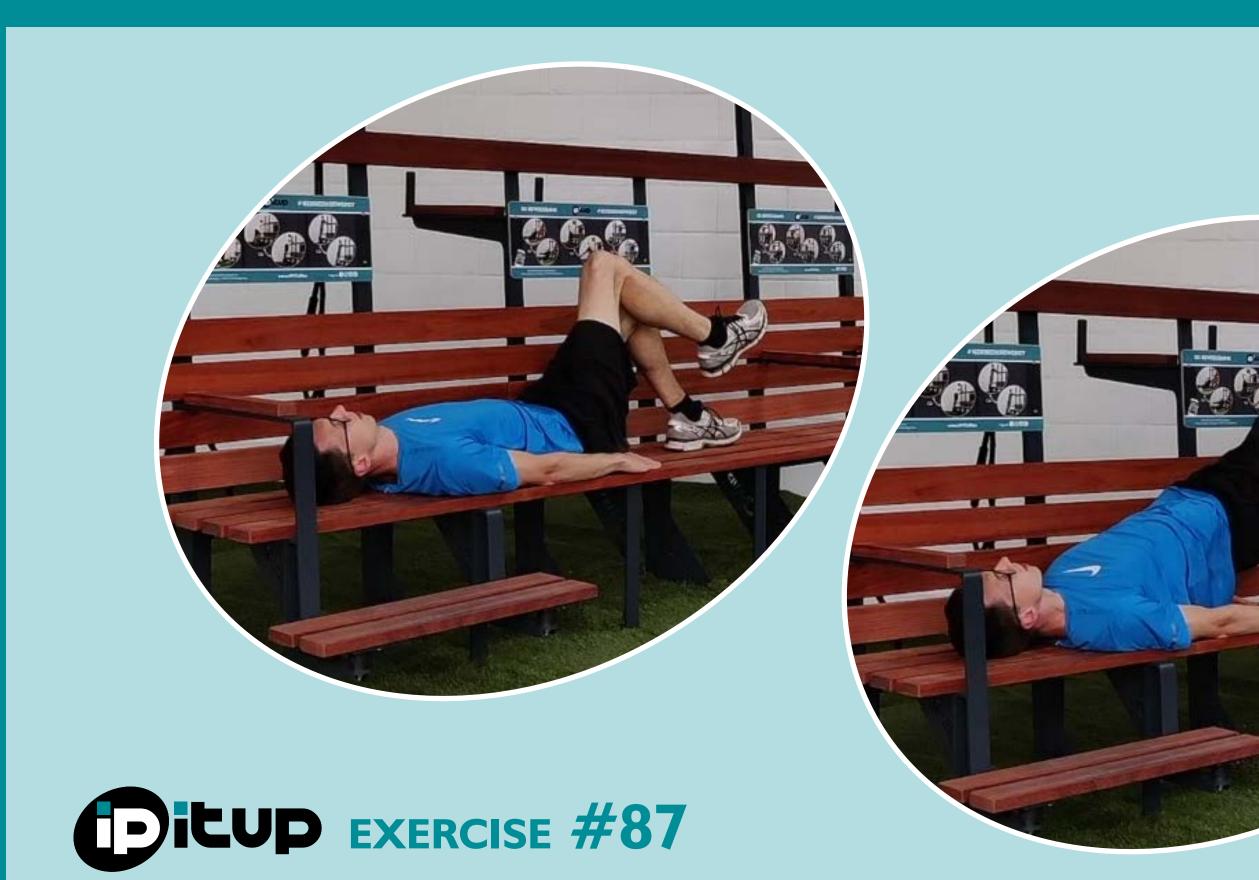




LEVEL 2



LEVEL 2





LEVEL 2



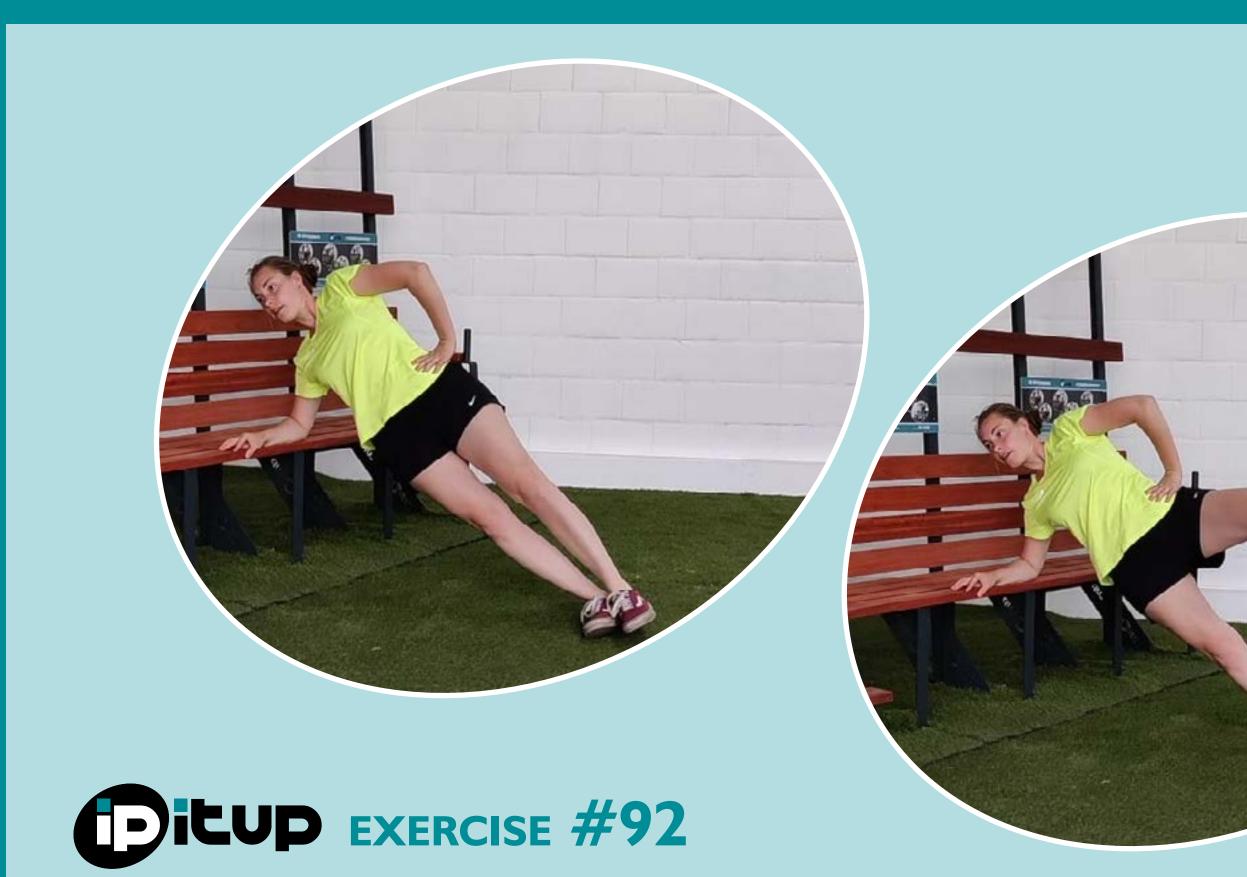
LEVEL 3

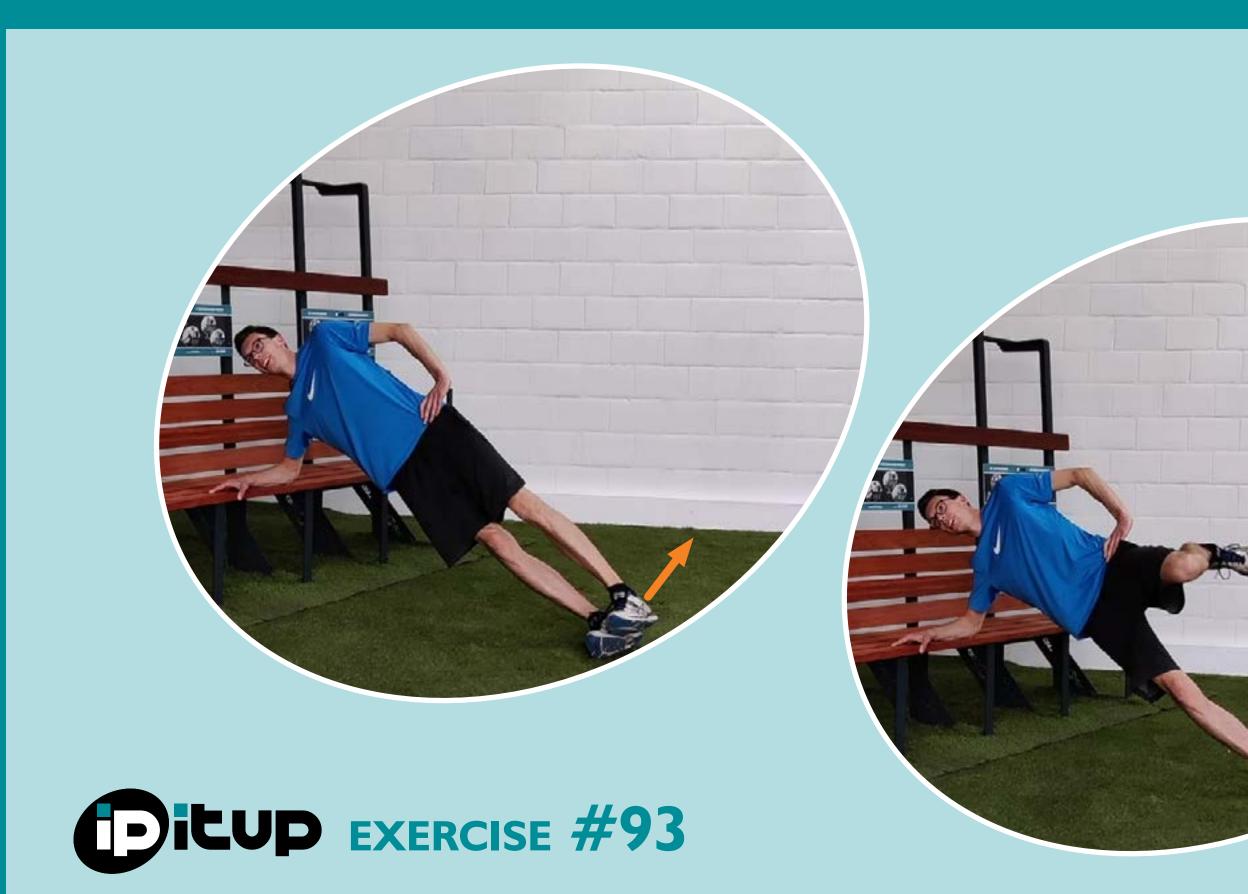


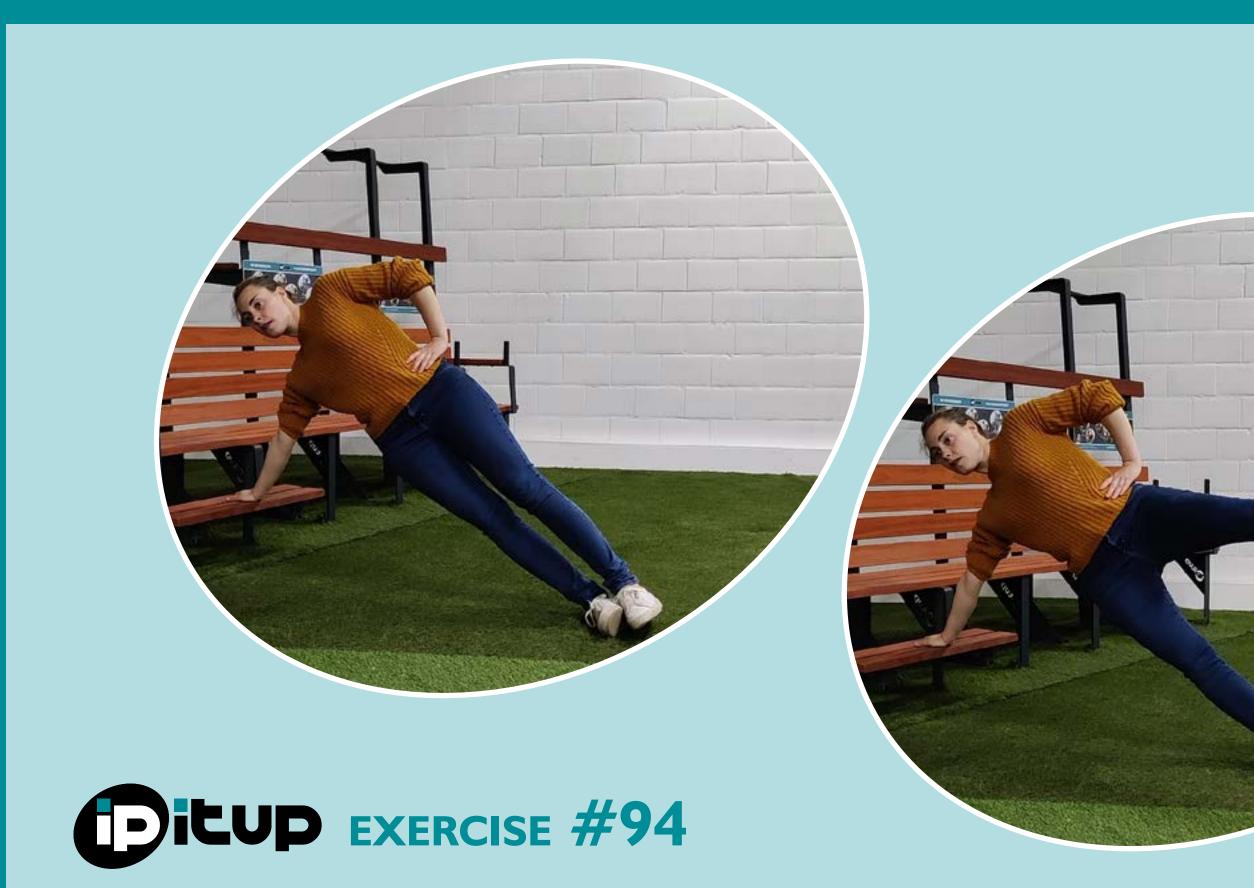
CORE LEVEL I

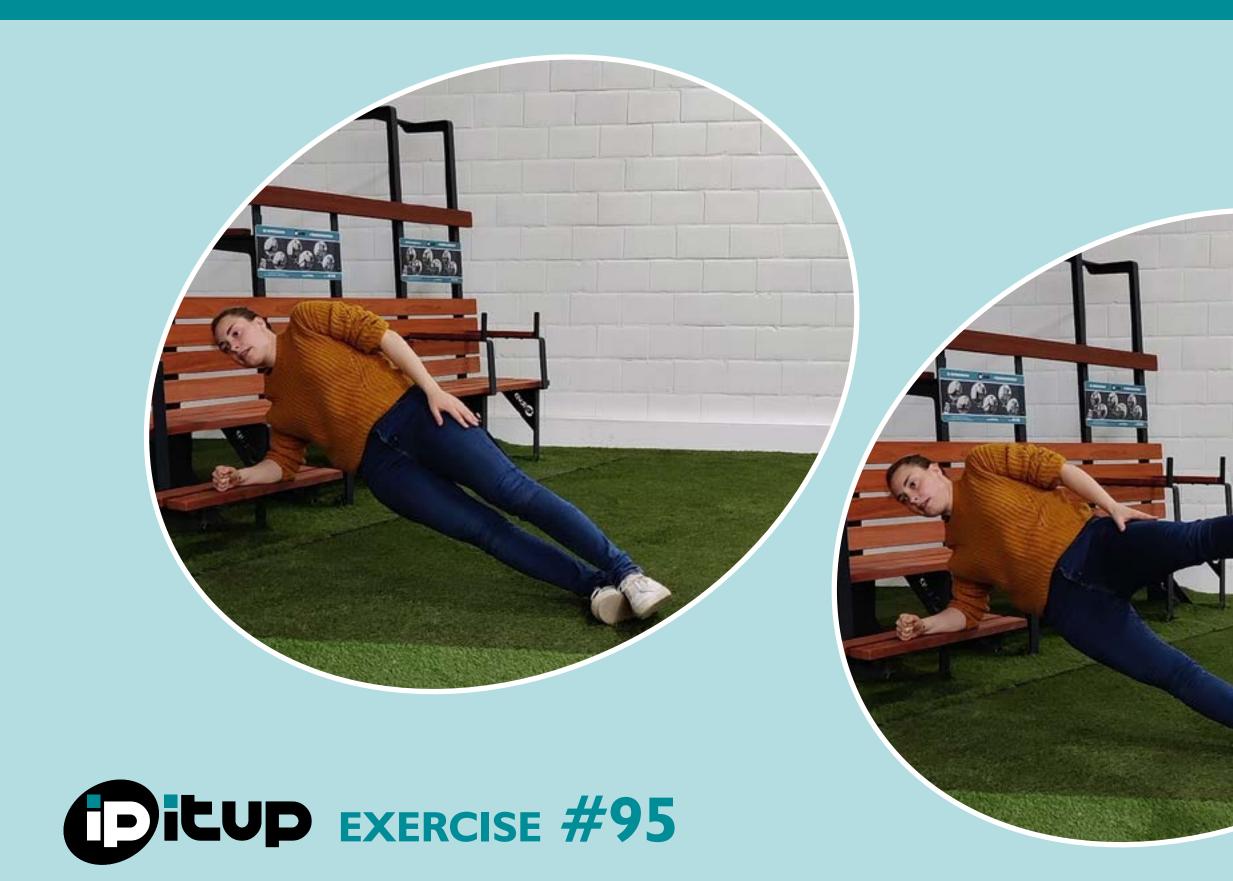








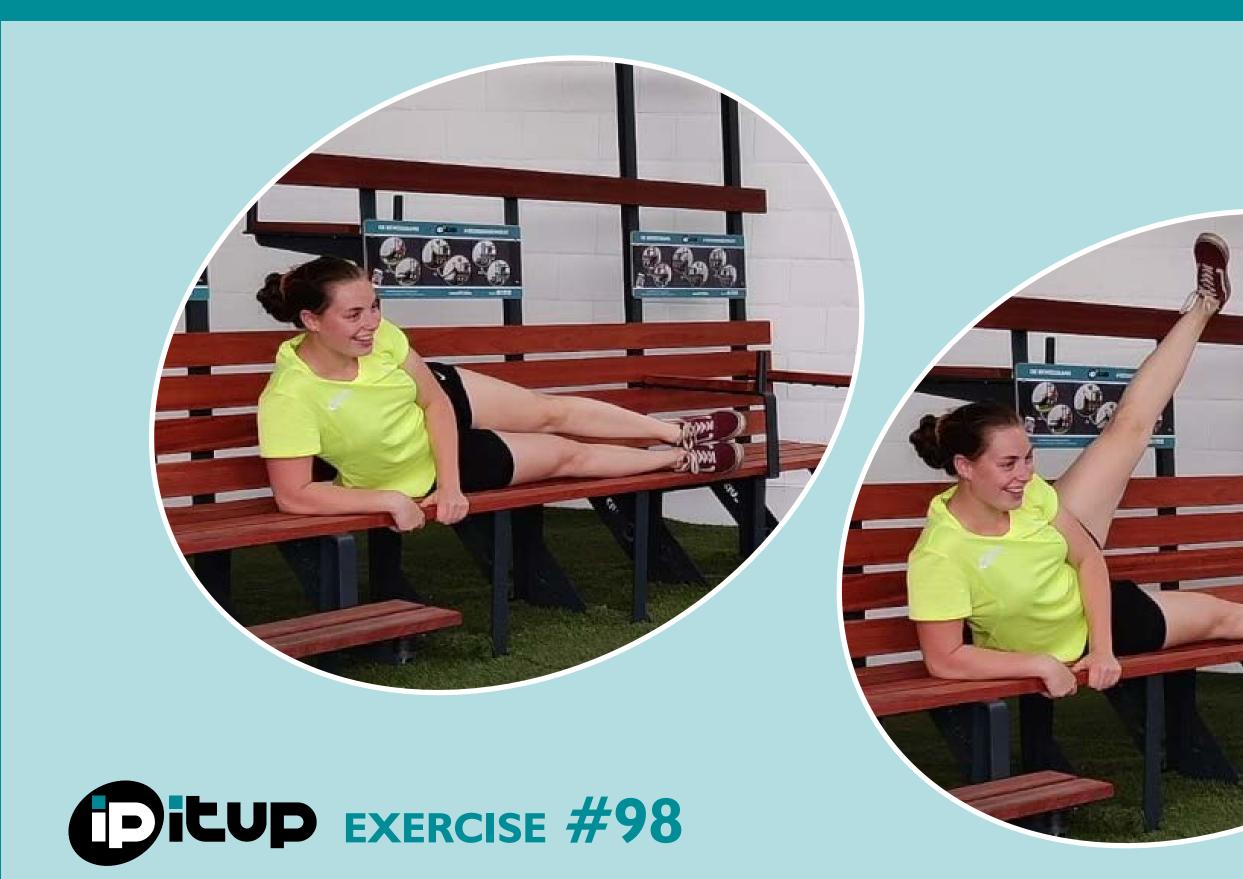








LEVEL 2













CORE **LEVEL I**



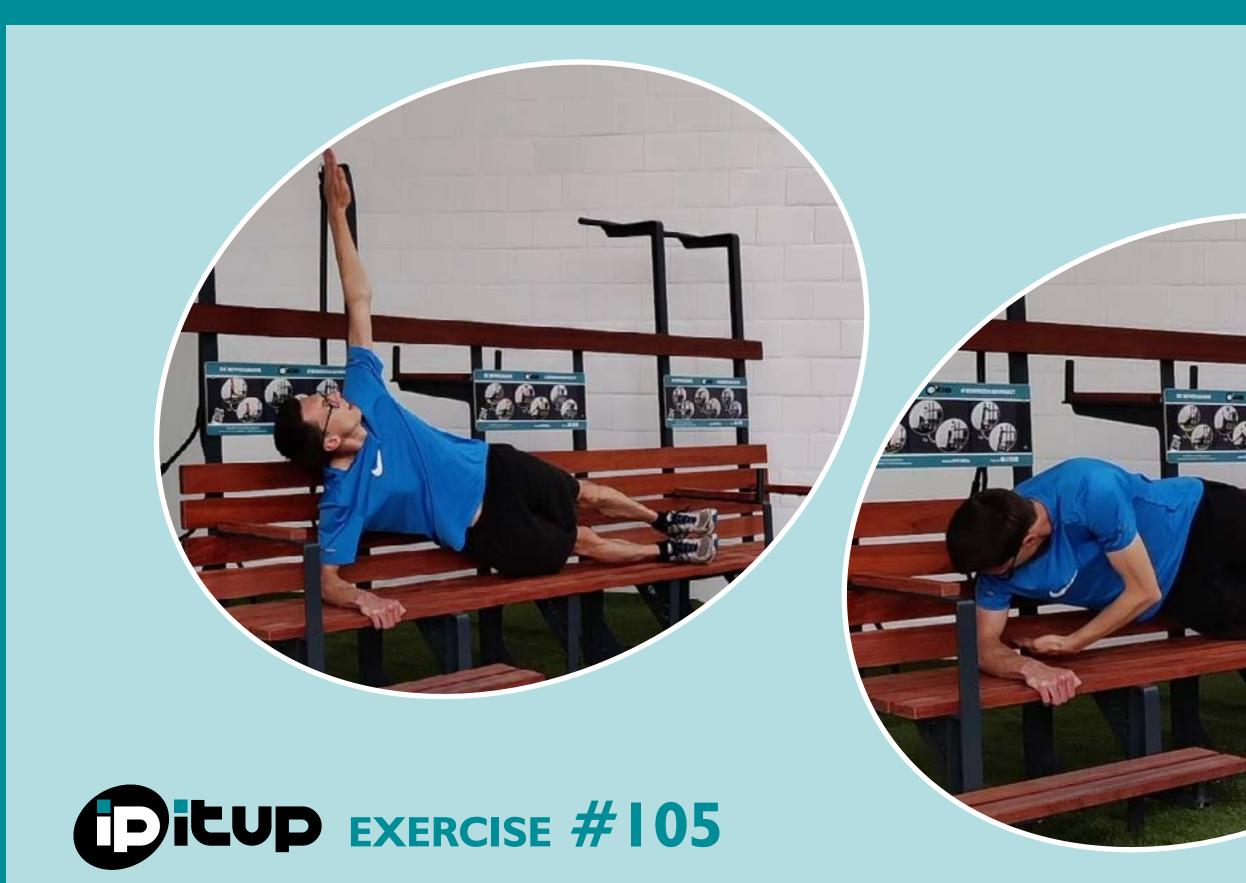














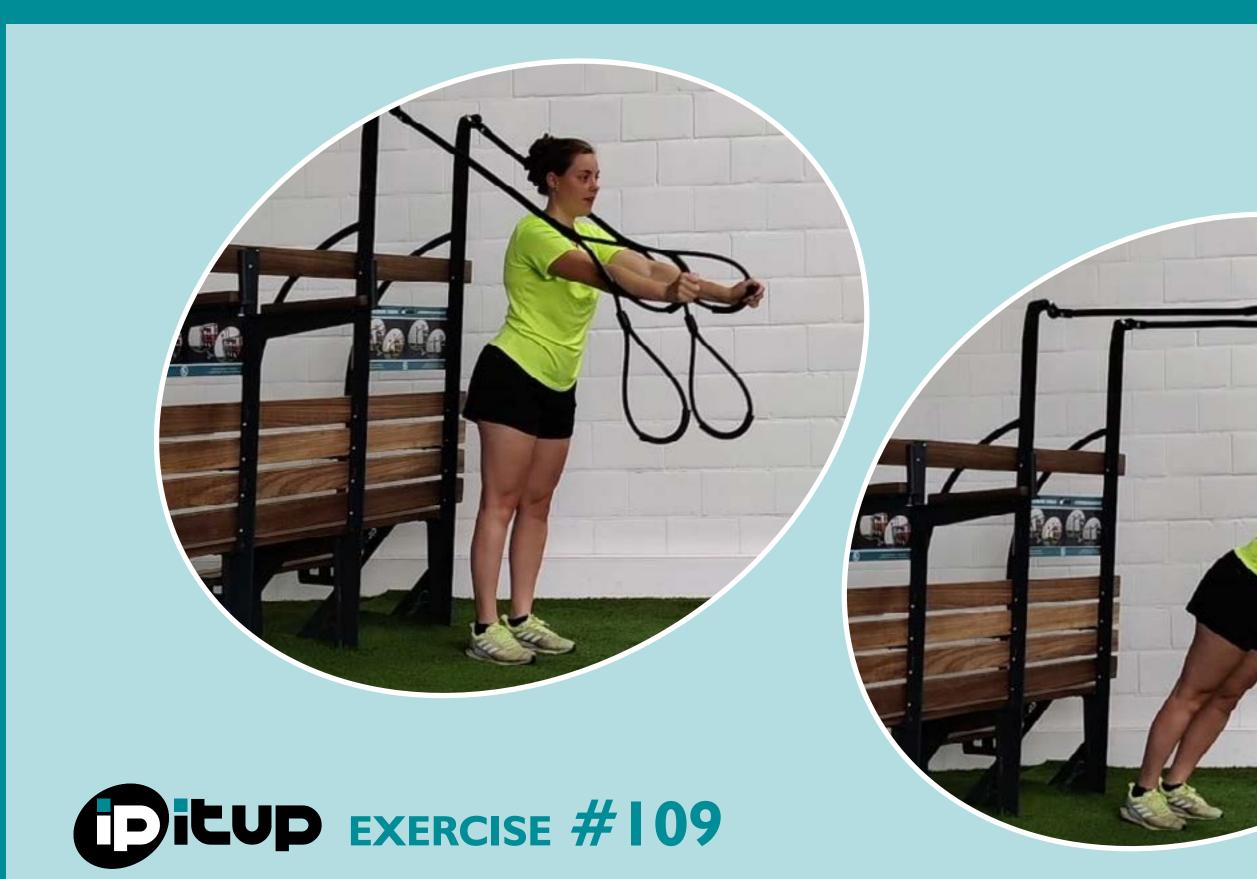
LEVEL 2











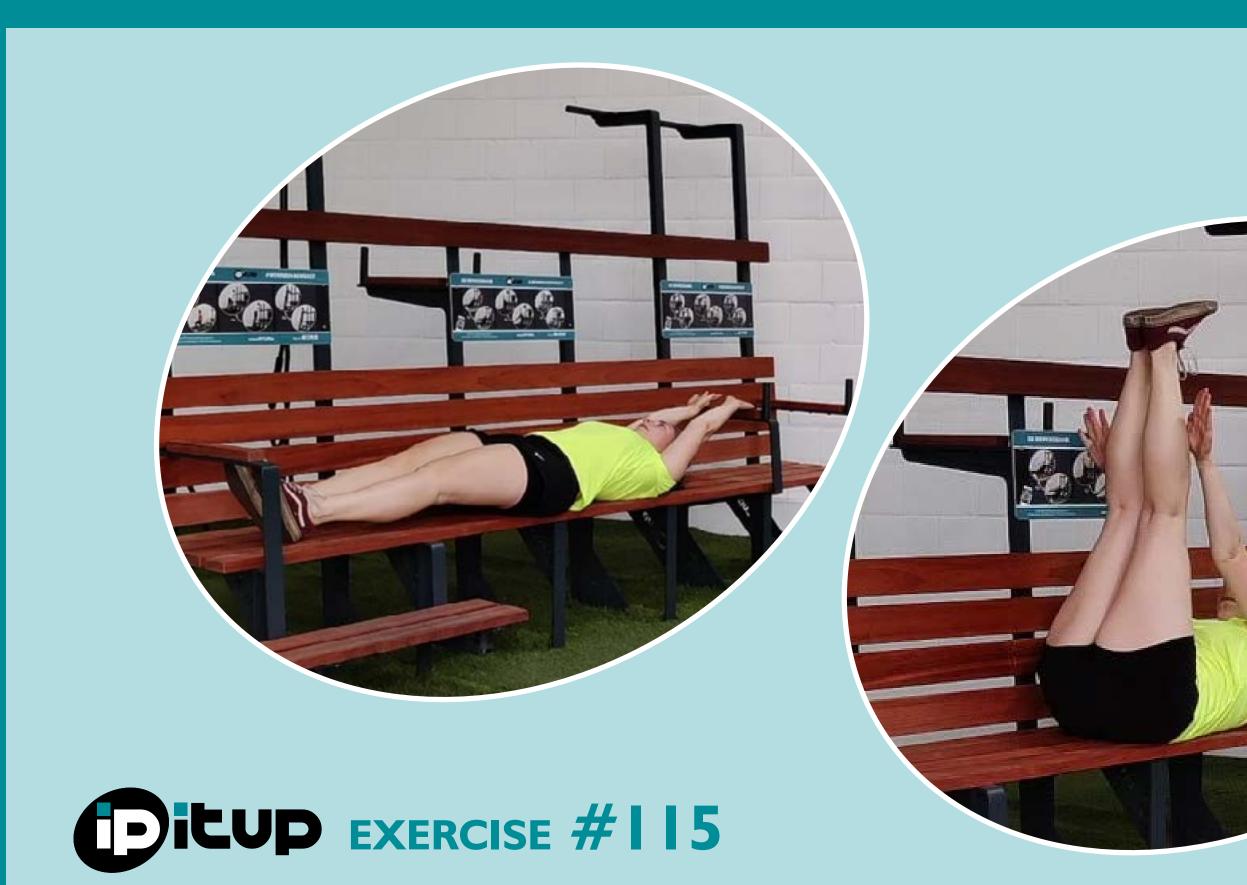






LEVEL 3











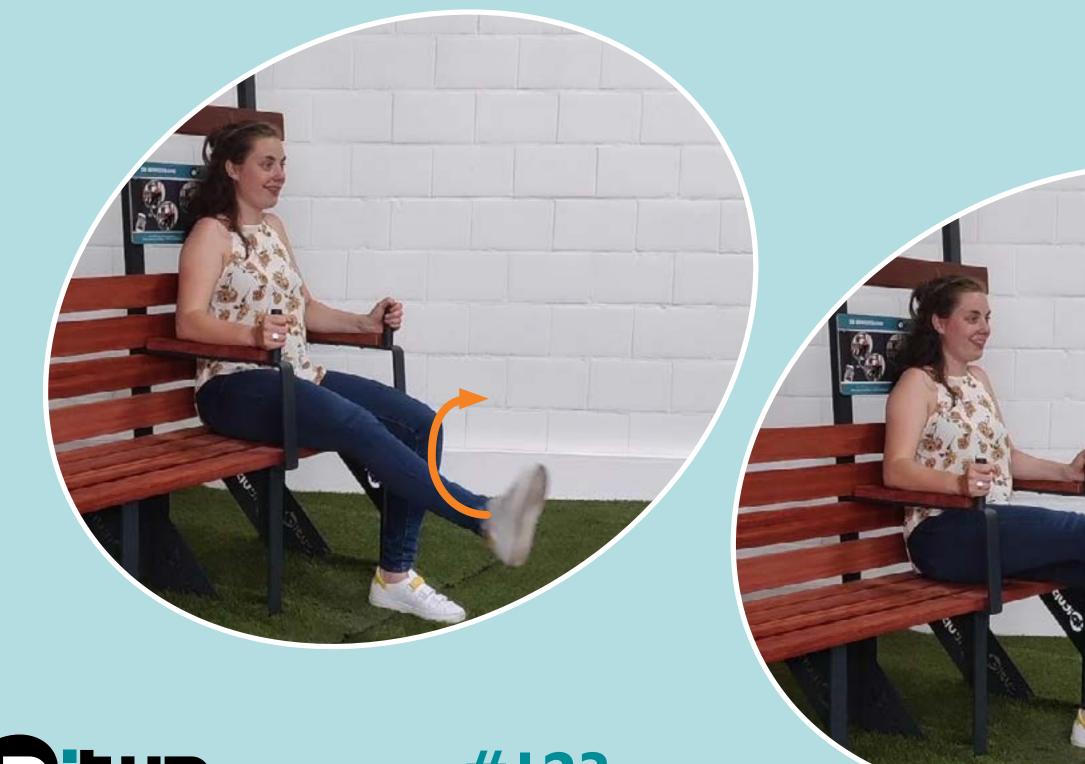








LEVEL 2





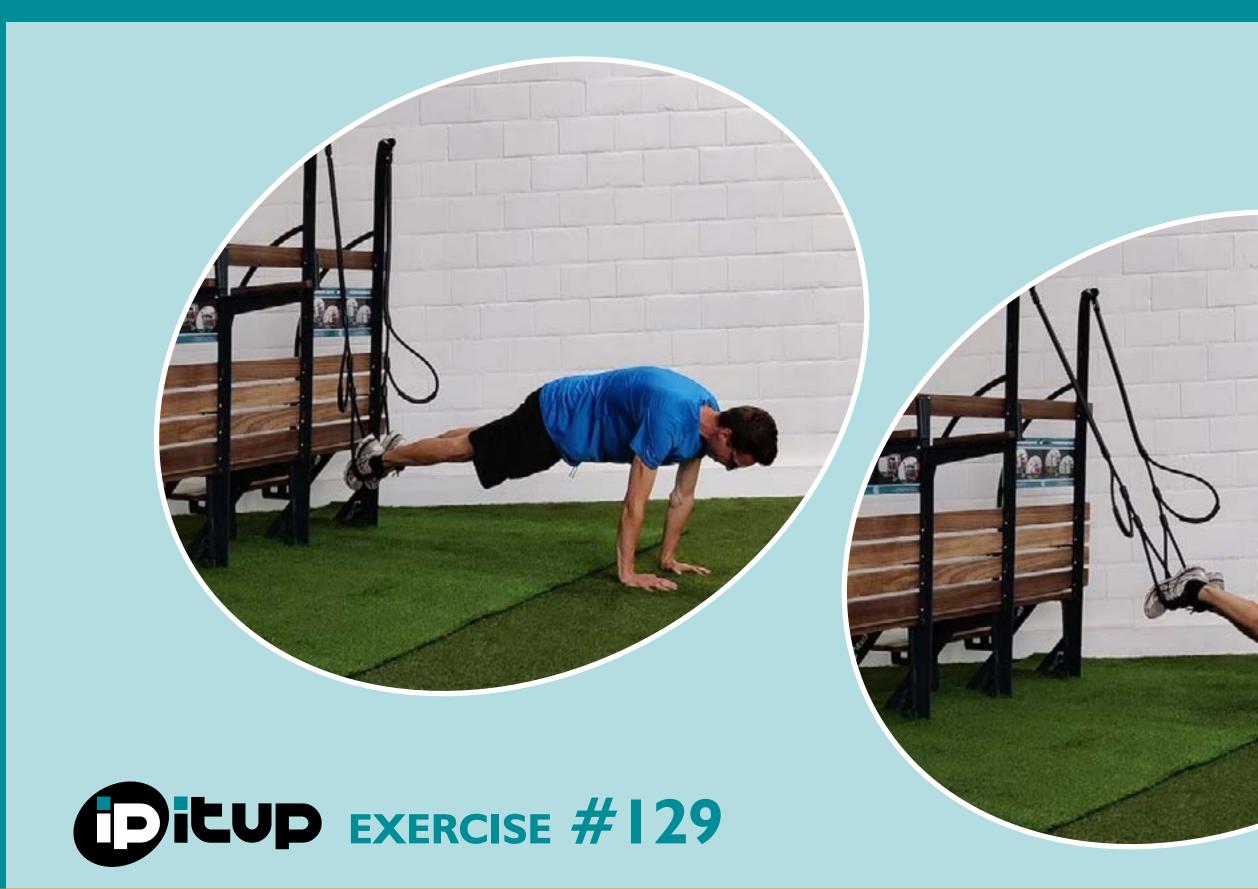
















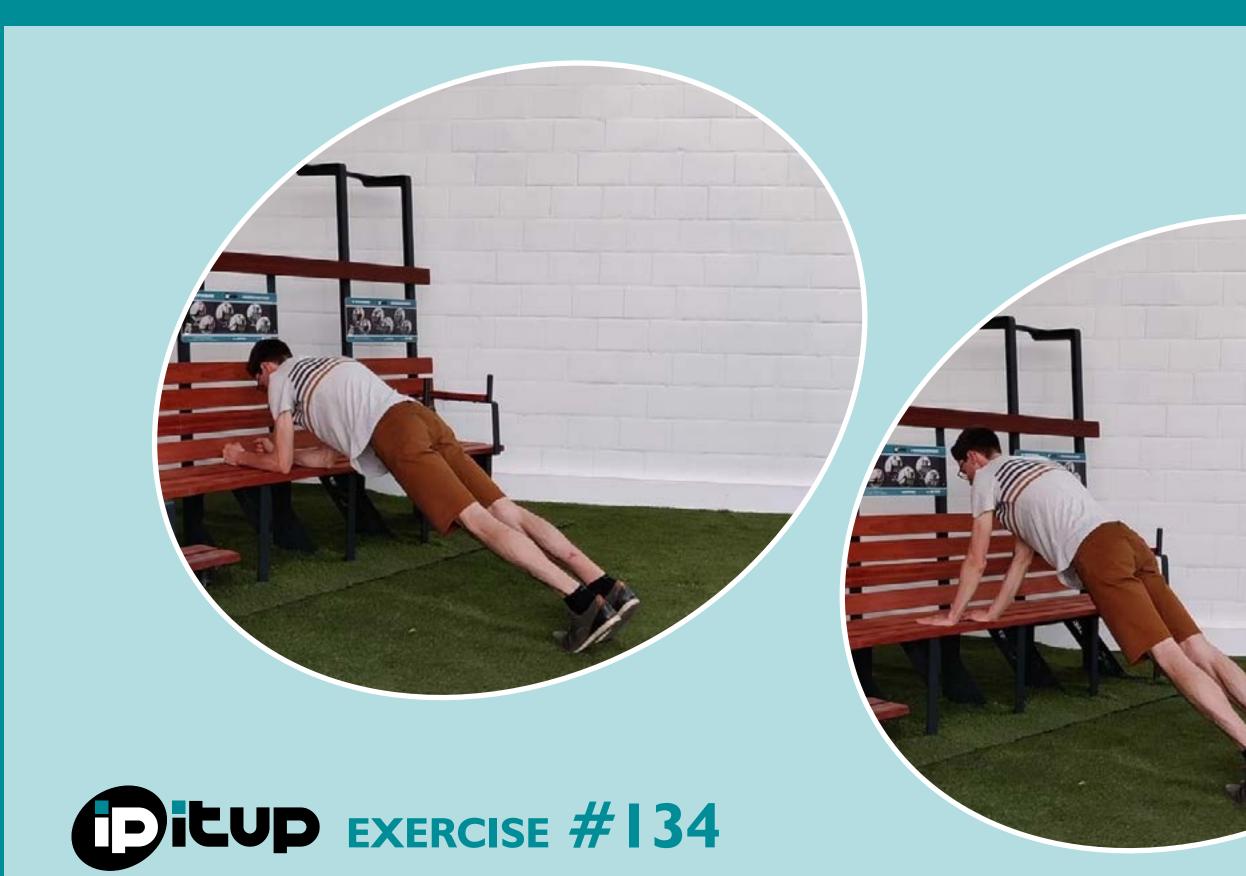




DILUP EXERCISE #133

640





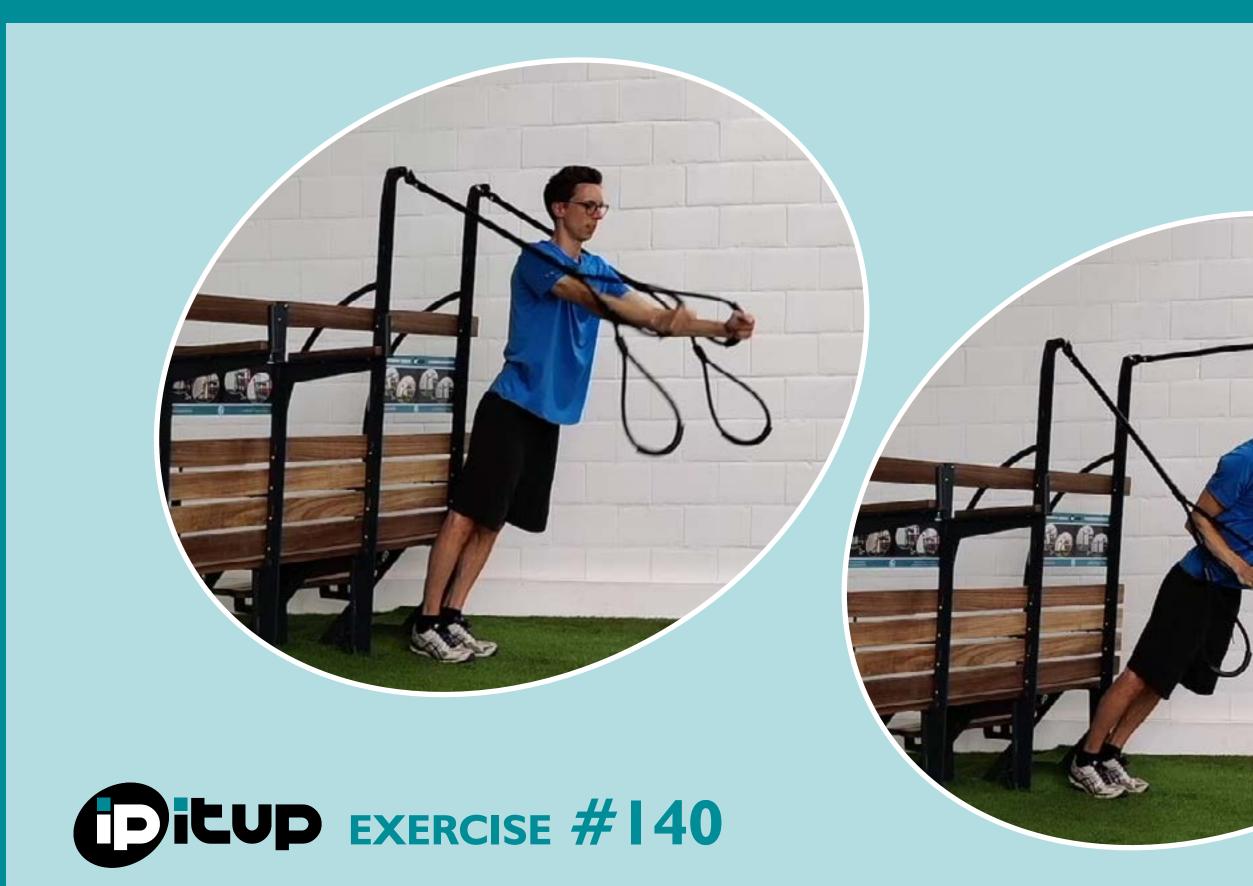






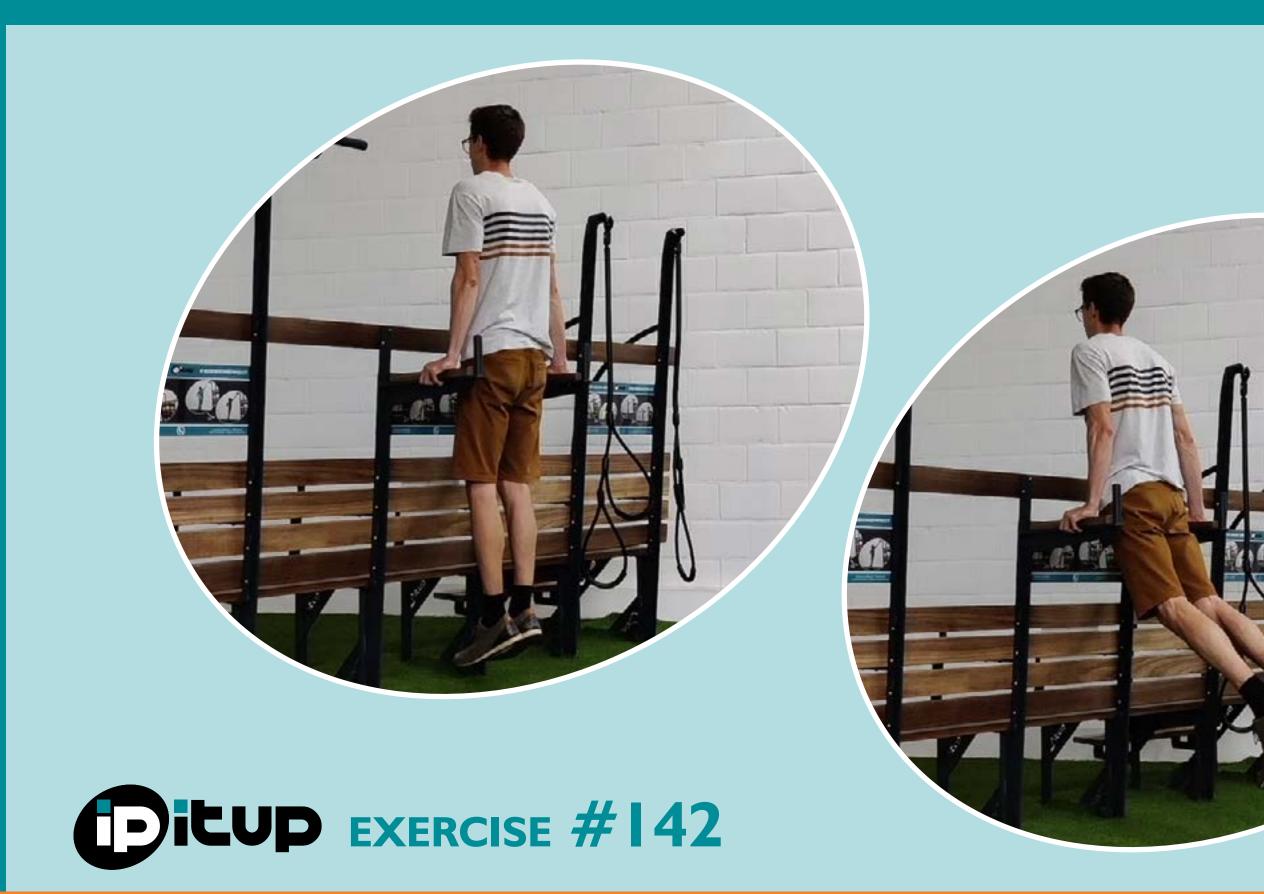


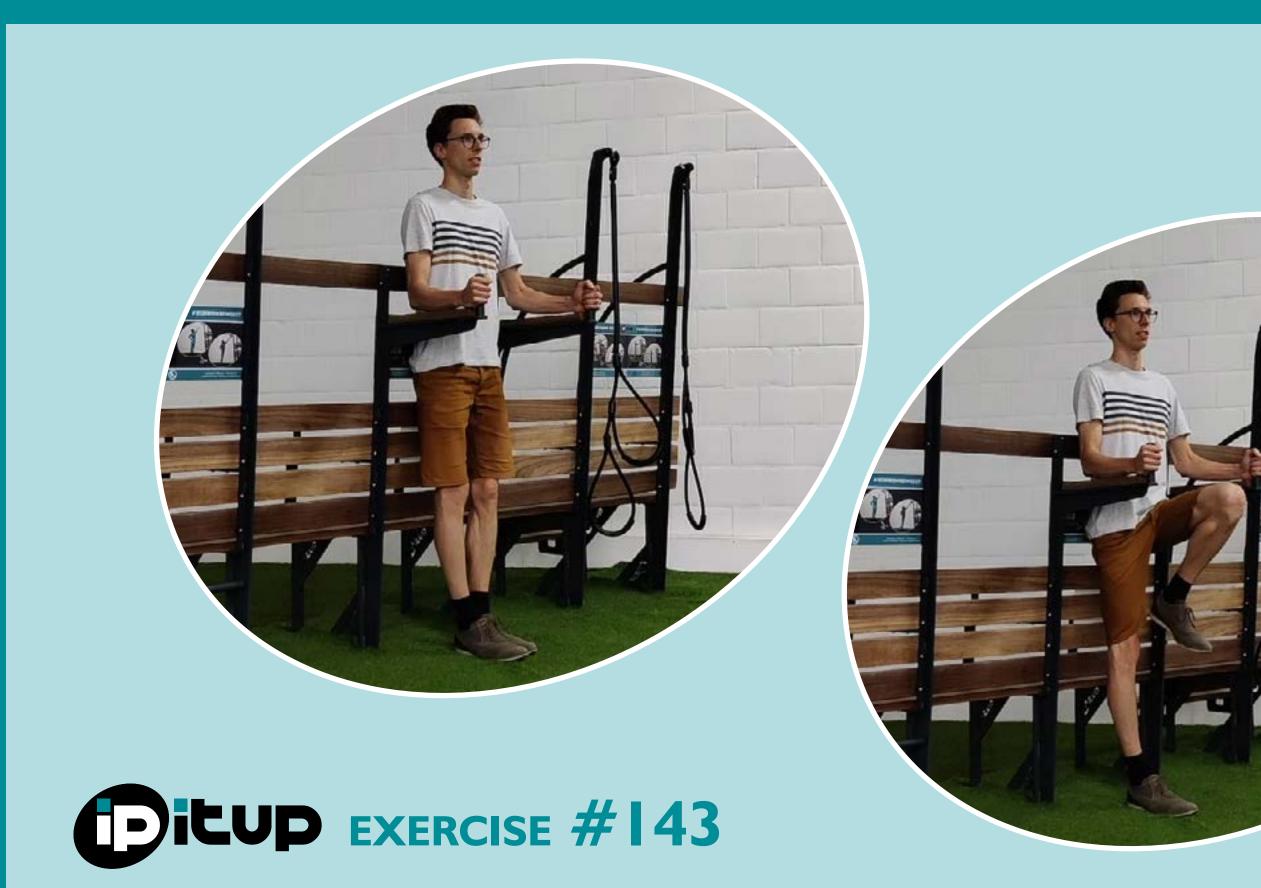






1-11





CORE LEVEL I

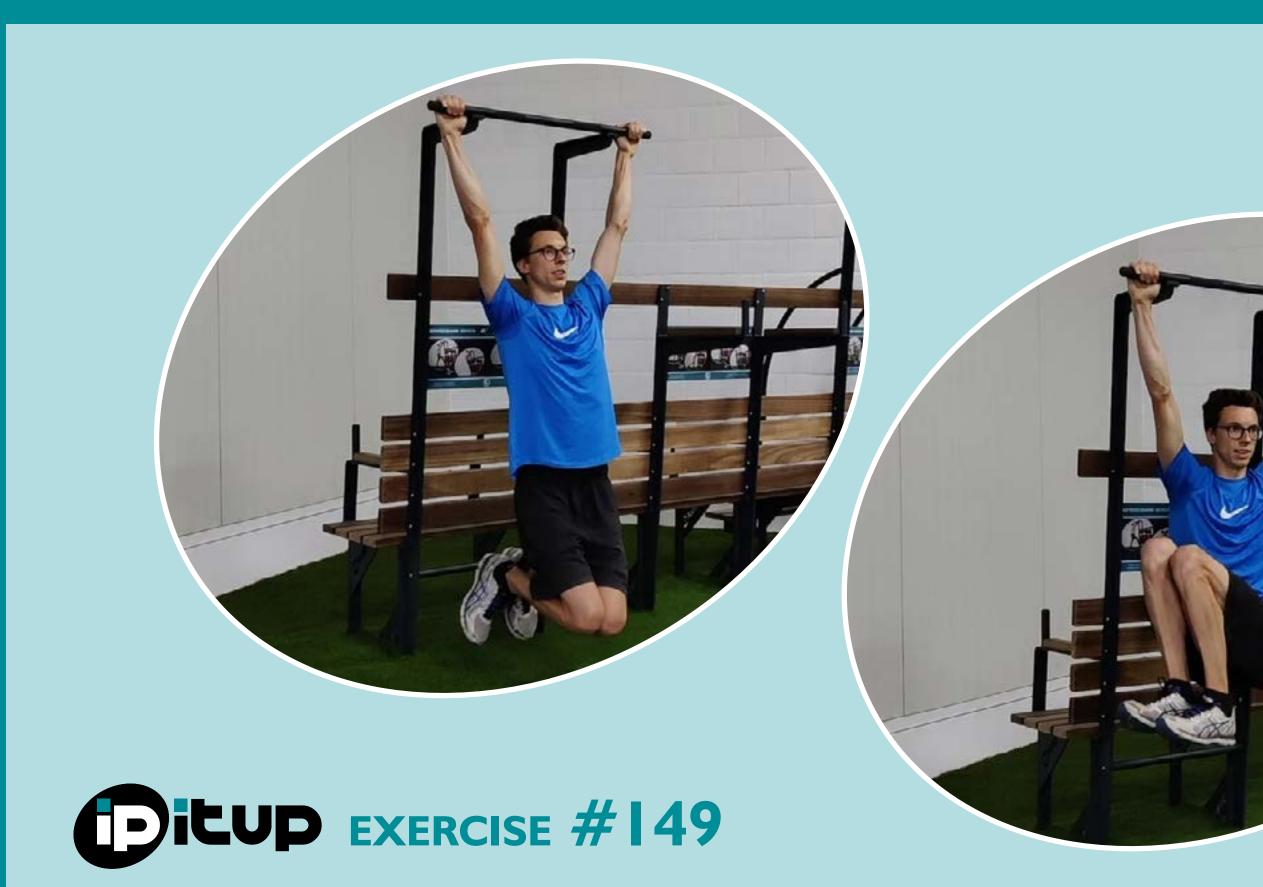
















CORE LEVEL 3

15



CORE LEVEL I



CORE LEVEL I



LEVEL I



CORE LEVEL I



CORE LEVEL I

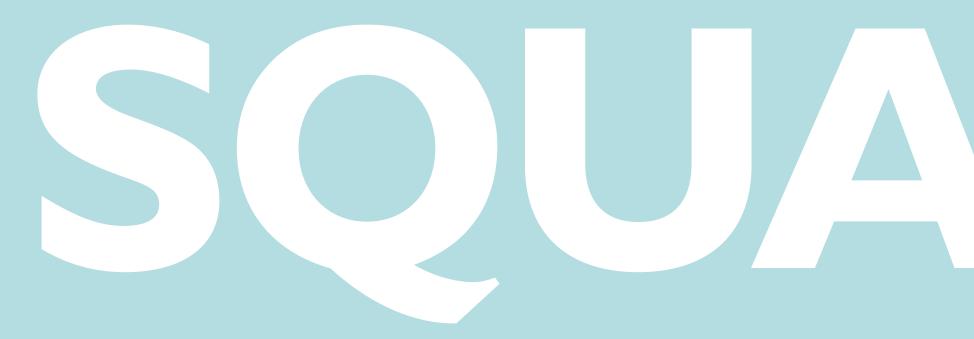




CORE LEVEL I

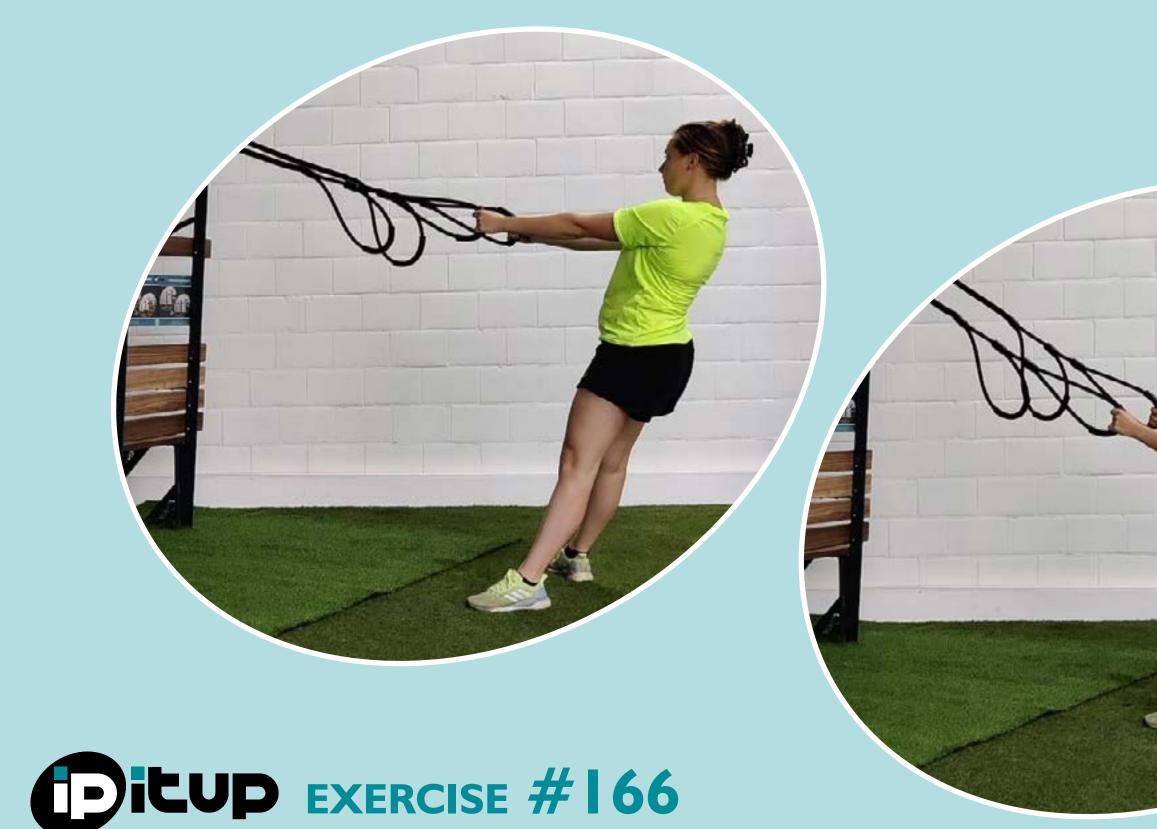


















































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SOUAT LEVEL 2









5 LEVELS



LEVEL I



ORUD

BALANCE LEVEL I



PIEUD

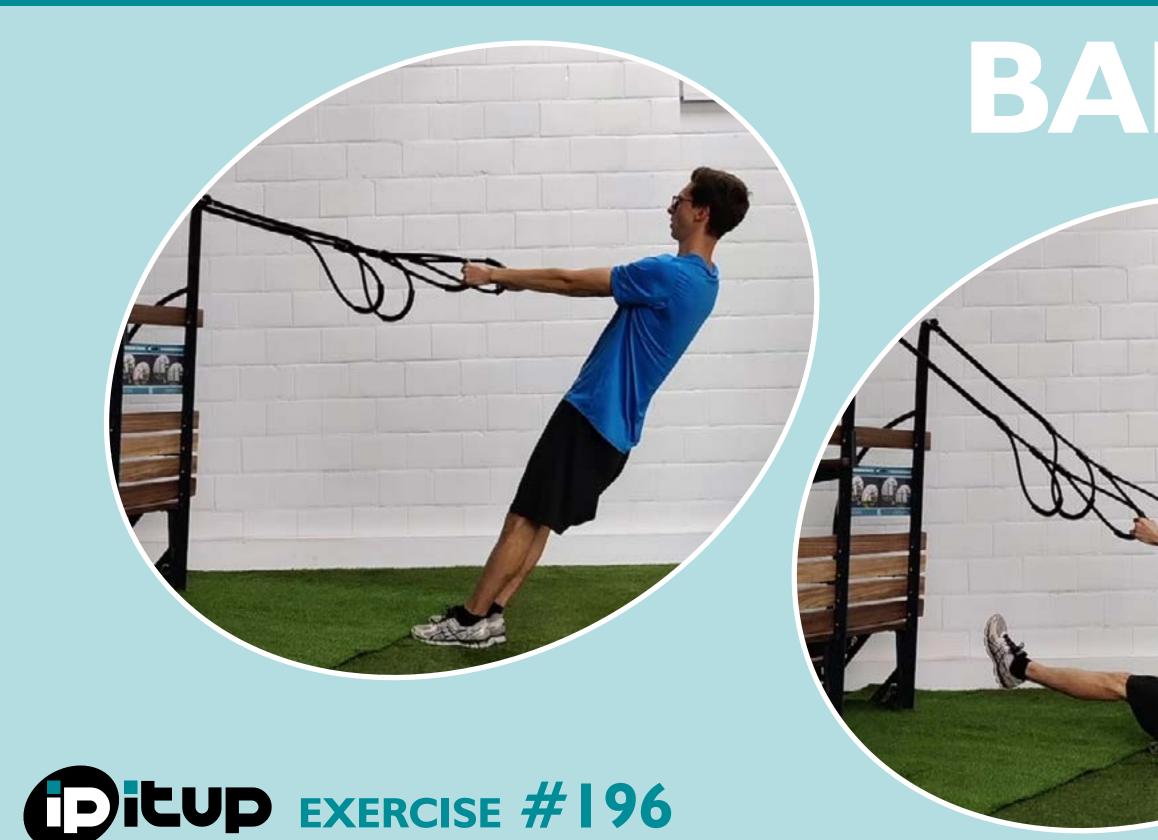










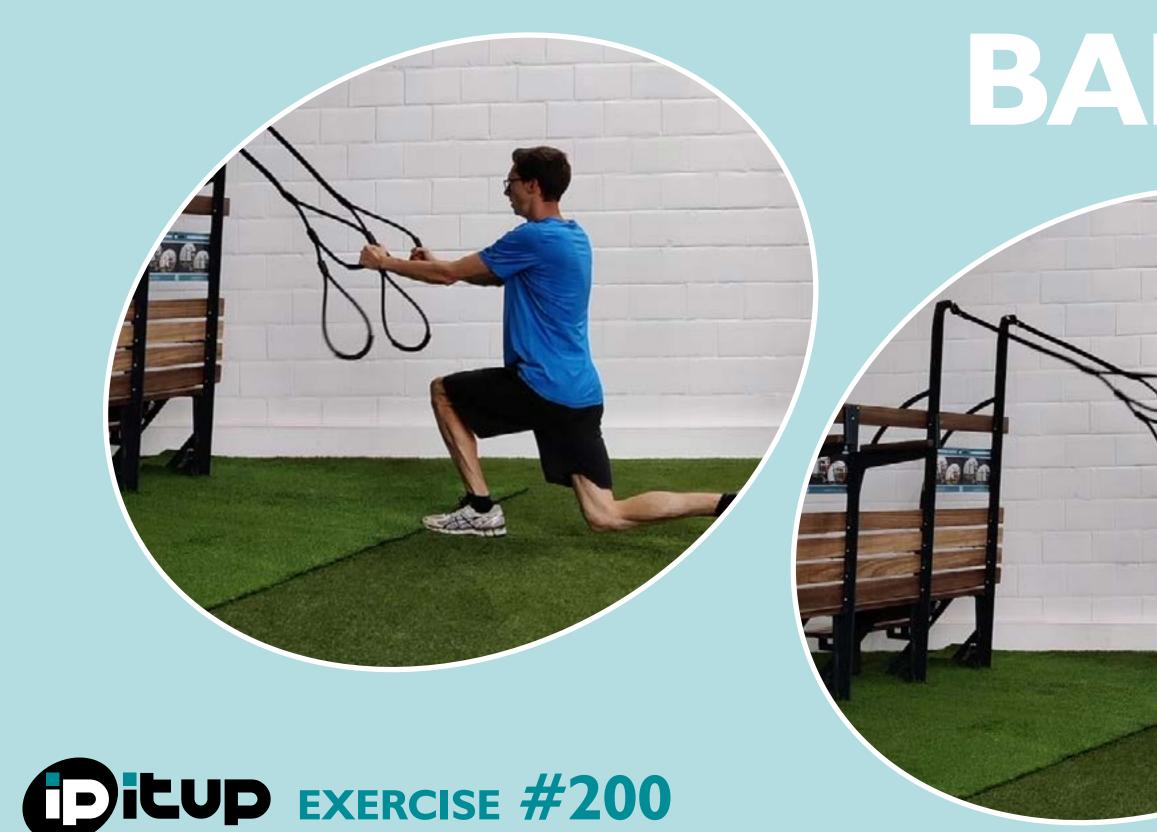






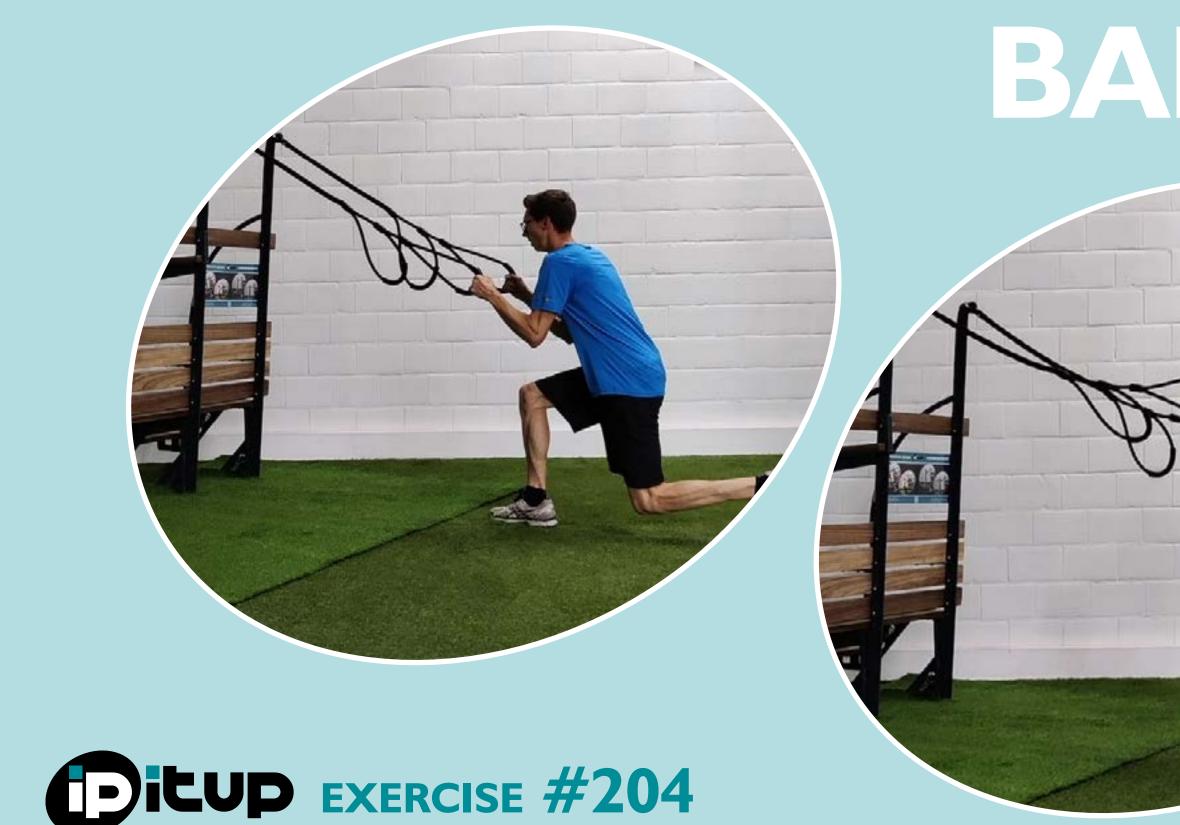


LEVEL 5















LEVEL 2





















LEVEL 3



LEVEL 4

























LEVEL 5





5 LEVELS























5 LEVELS



PARTNER LEVEL 4