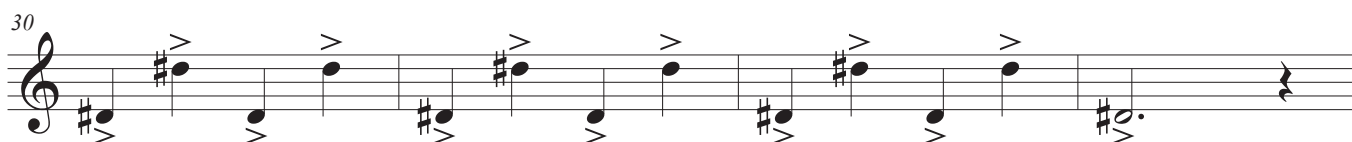
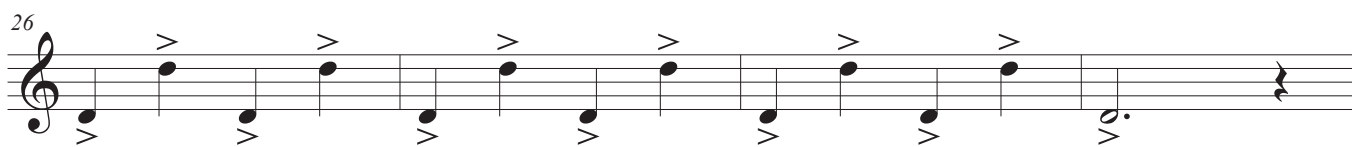
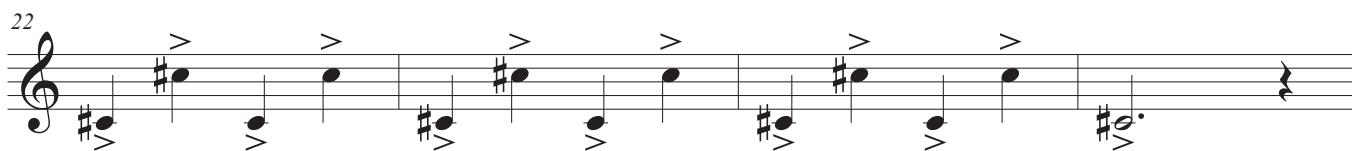
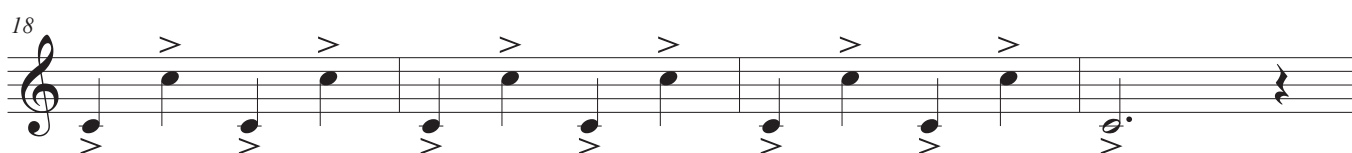
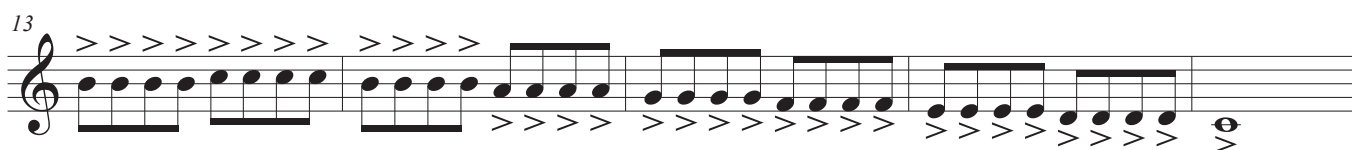
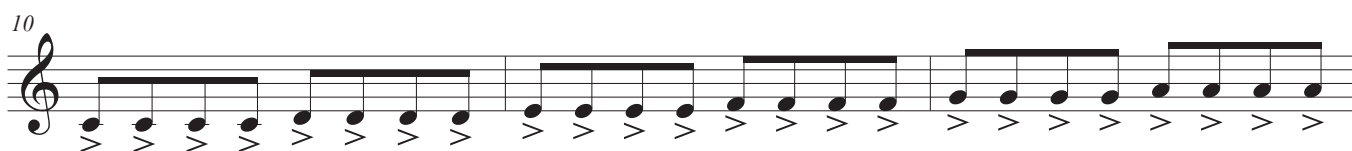
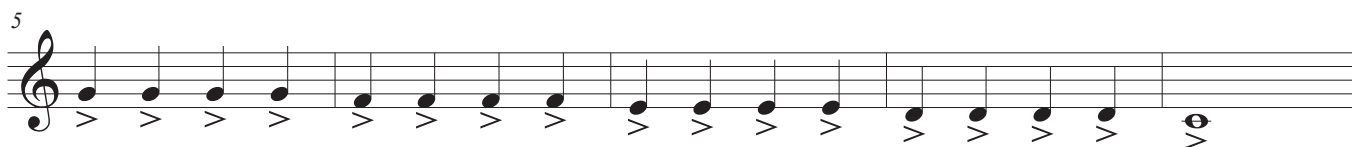
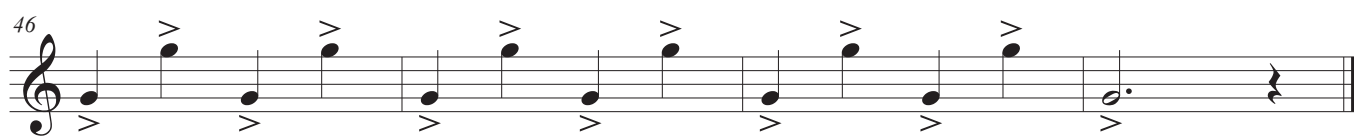


BREATH SUPPORT EXERCISE





You may feel an aching around the abdominal area if you have never done these types of exercises before.