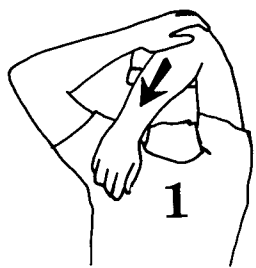


Before and After

# Tennis

Approximately 12 Minutes



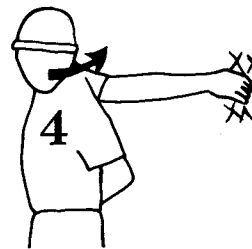
10 seconds  
each arm  
(page 41)



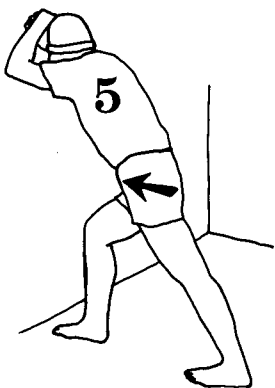
10 seconds  
each side  
(page 42)



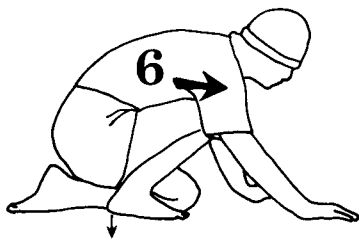
10 seconds  
(page 43)



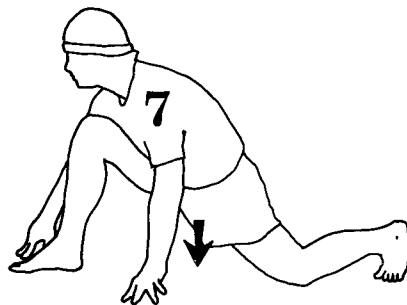
15 seconds  
each side  
(page 81)



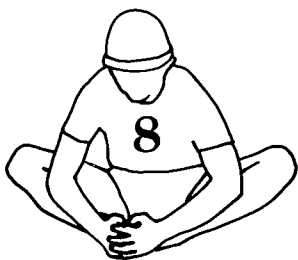
25 seconds  
each leg  
(page 71)



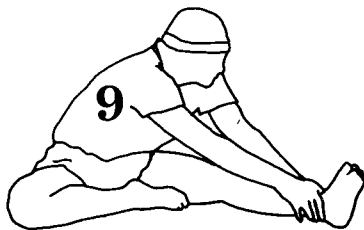
10 seconds  
each leg  
(page 47)



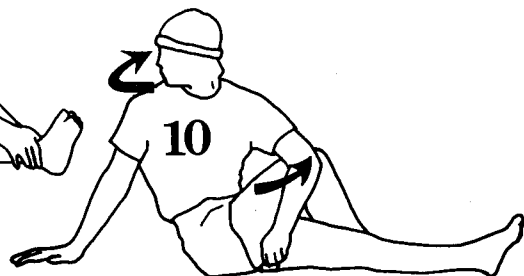
20 seconds  
each leg  
(page 48)



30 seconds  
(page 56)



25 seconds  
each leg  
(page 36)



10 seconds  
each side  
(page 59)