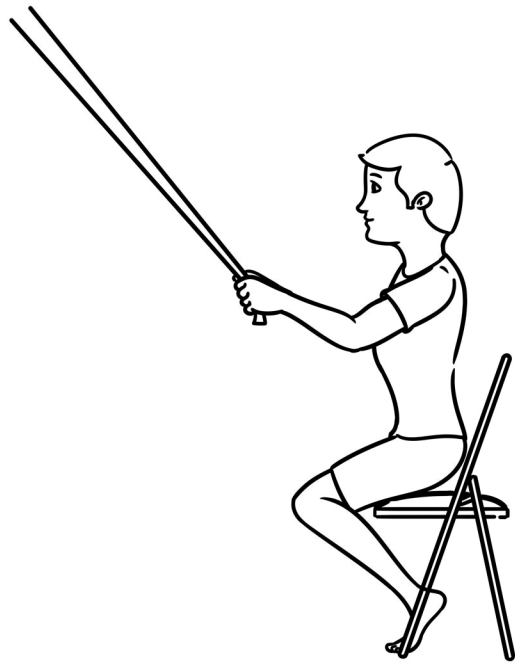
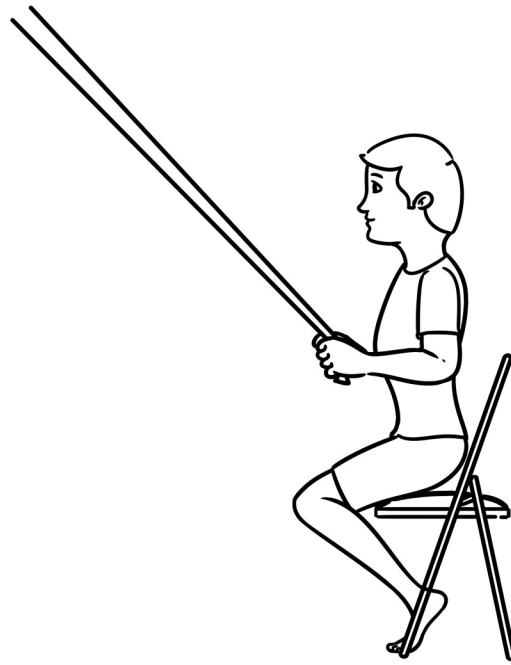


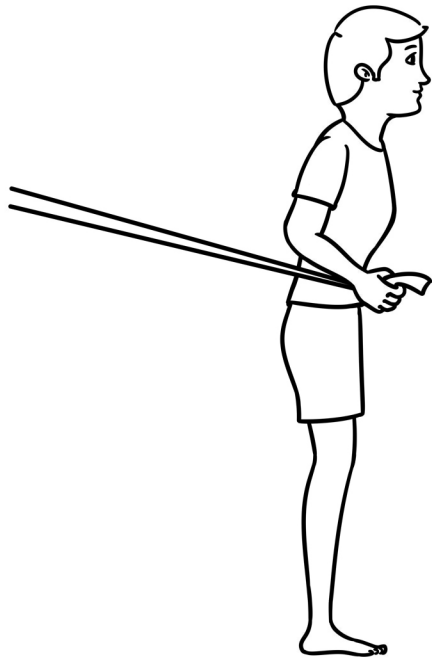
# Home Band Exercises



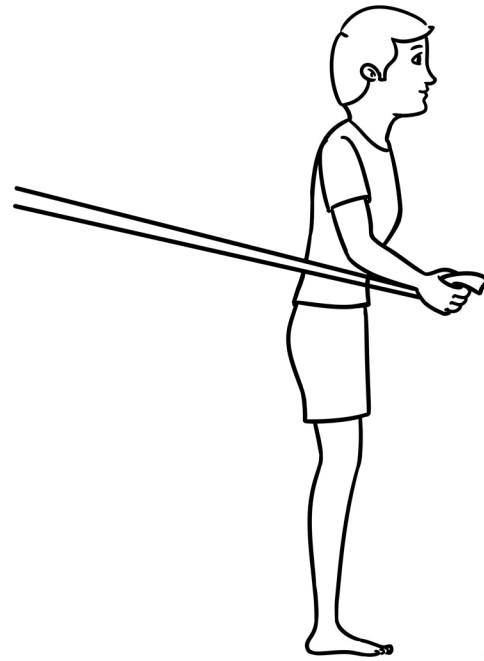
Before



After



Before



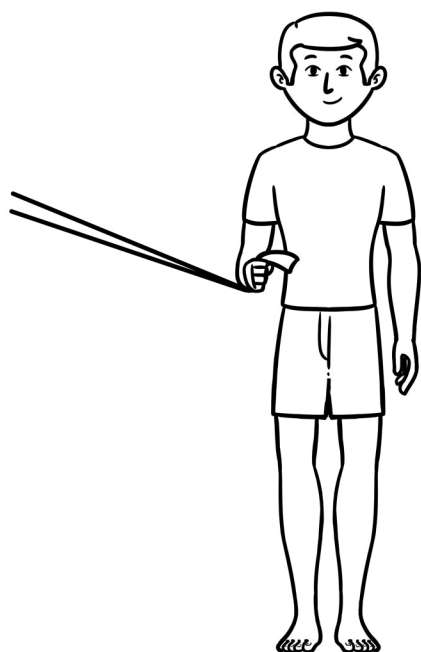
After



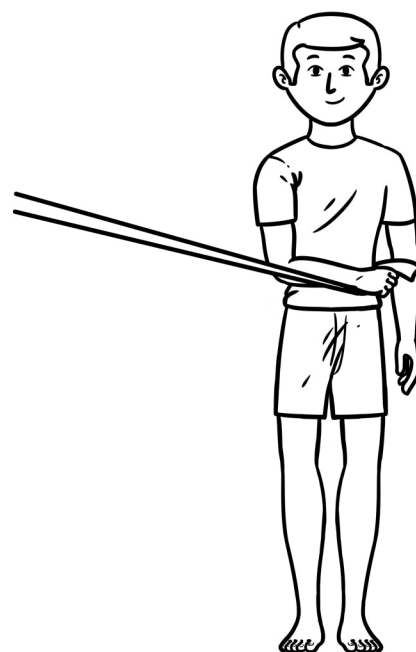
Before



After



Before



After