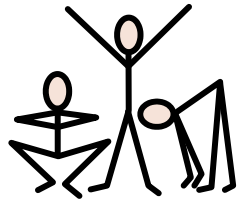
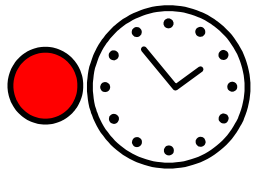


Before

exercise



After

exercise

