



1



4



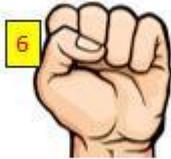
3



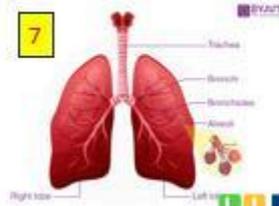
5



2



6



7

blood vessels

wrist

exercise

muscles

fist

lungs

breathe