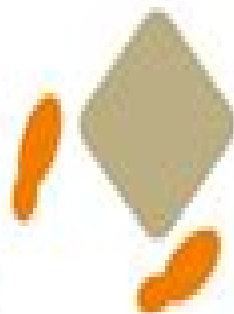


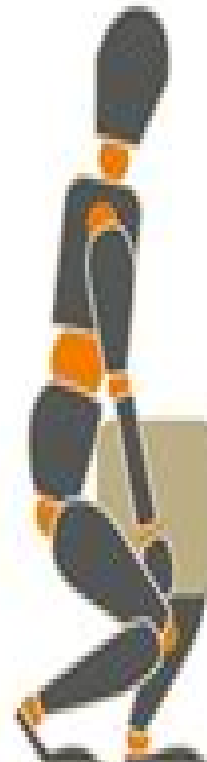
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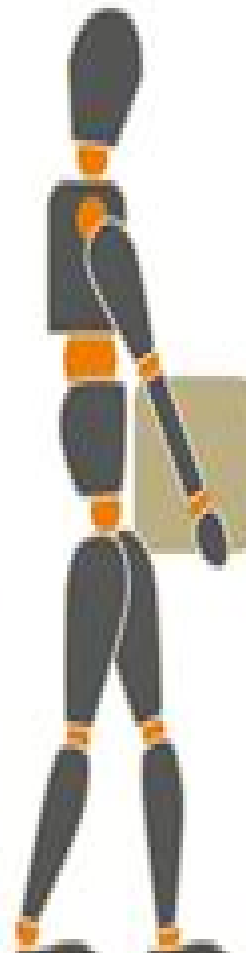
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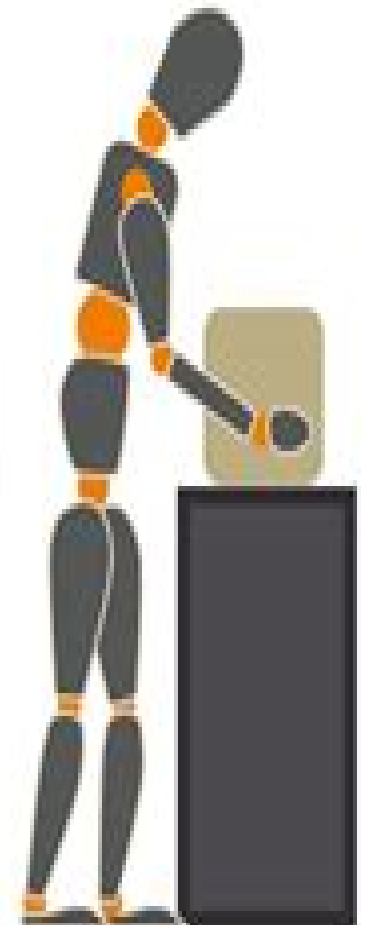
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good
posture



Get a firm
grip



Move the
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Put down then
adjust

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