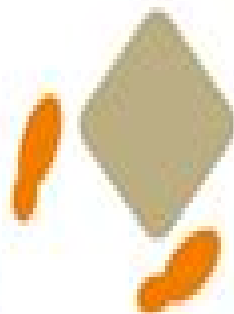
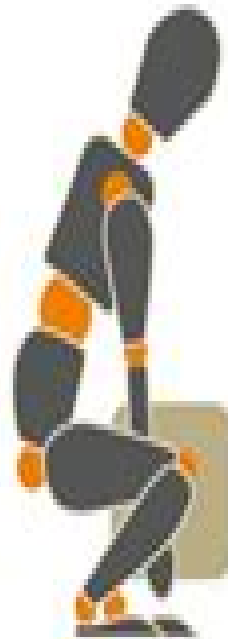


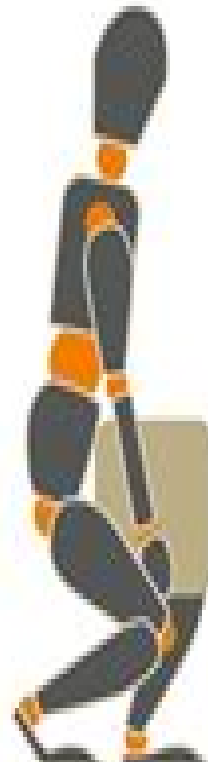
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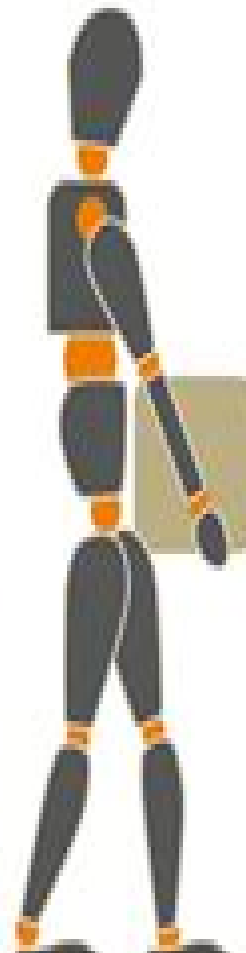
Position the
feet



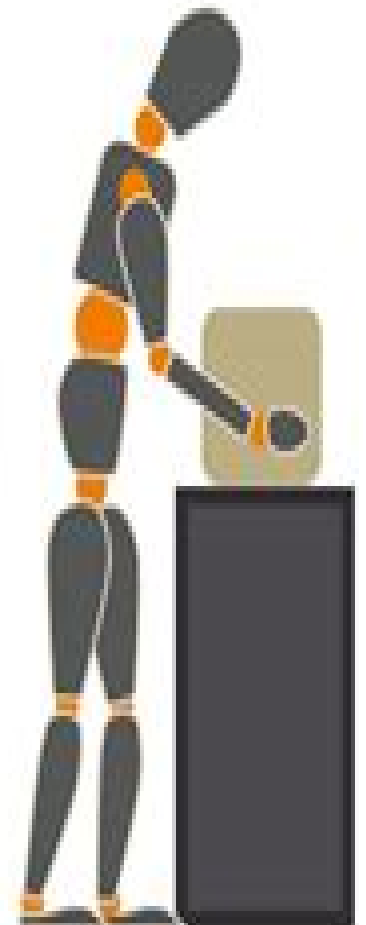
Adopt a
good
posture



Get a firm
grip



Move the
feet



Put down then
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