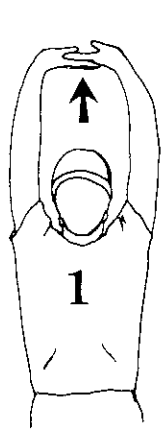


Before and After

# Golf

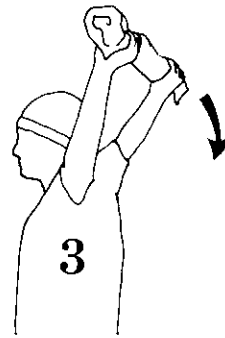
Approximately 6 Minutes



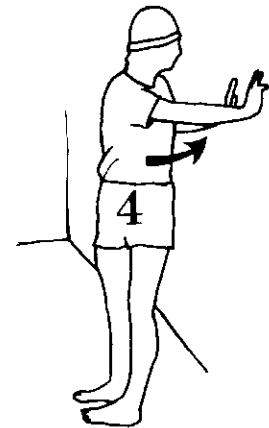
15 seconds  
(page 43)



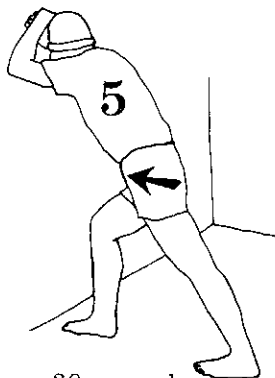
10 seconds  
each side  
(page 42)



15 seconds  
(page 85)



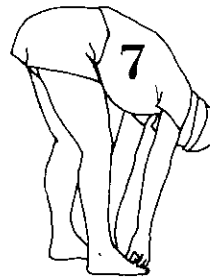
15 seconds  
each side  
(page 79)



30 seconds  
each leg  
(page 71)



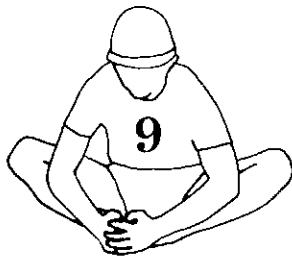
30 seconds  
(page 53)



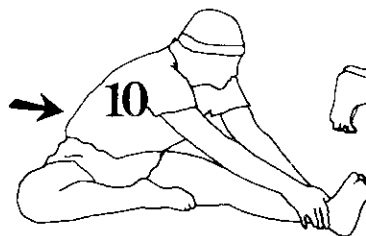
20 seconds  
(page 52)



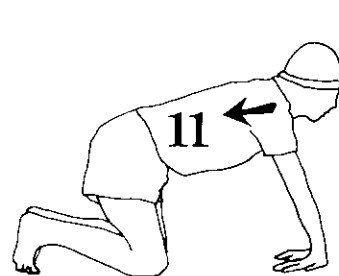
25 seconds  
(page 65)



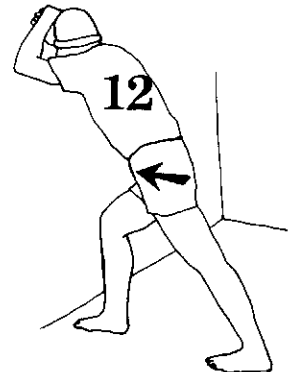
30 seconds  
(page 56)



30 seconds  
each leg  
(page 36)



20 seconds  
(page 40)



20 seconds  
each leg  
(page 71)