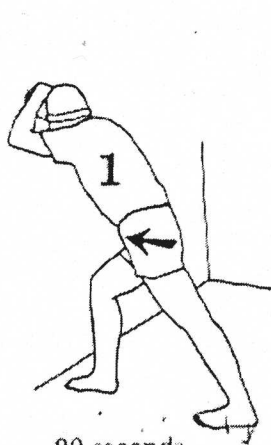


Before and After

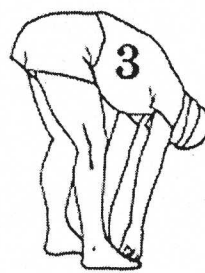
Approximately 10 Minutes



20 seconds
each leg



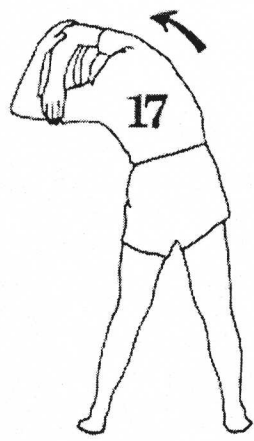
30 seconds



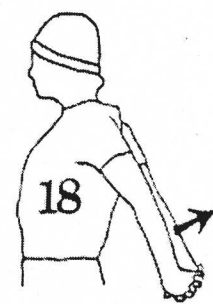
20 seconds



15 seconds



10 seconds
each side



15 seconds