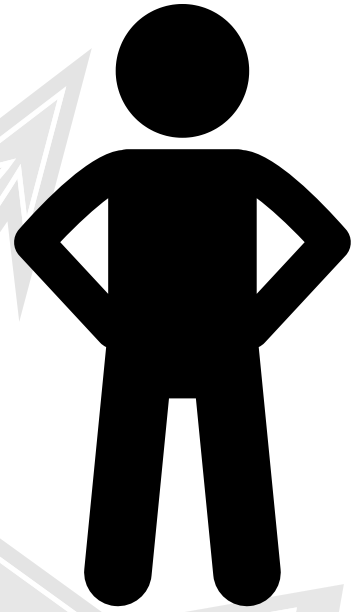
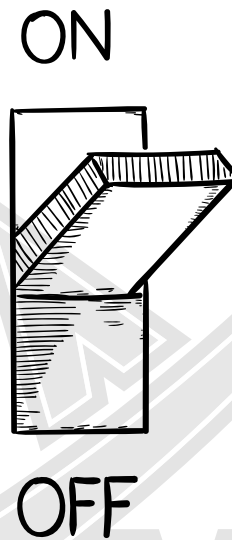
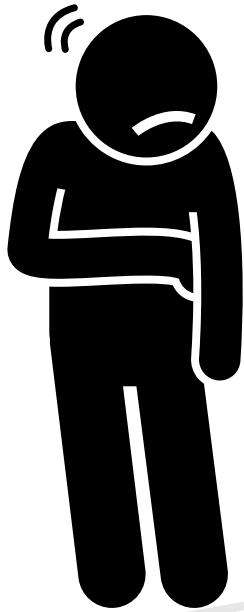




COURAGE TOOL #1

- FLIP THE SWITCH -



1 SHOULDERS BACK

2 CHIN UP

3 LET'S GO!