



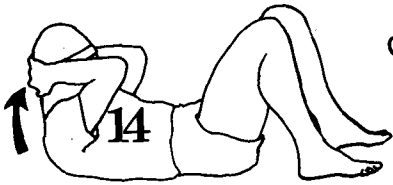
15 times
each direction
(page 31)



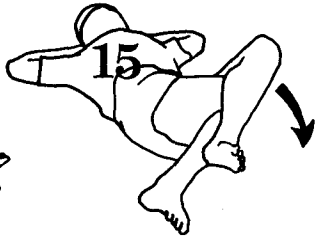
20 seconds
each leg
(page 33)



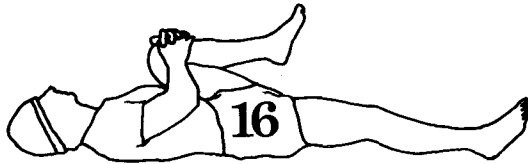
30 seconds
(page 24)



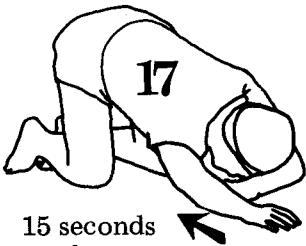
3 times
5 seconds each
(page 25)



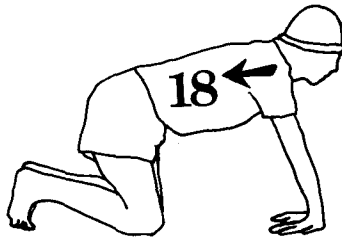
20 seconds
each side
(page 24)



20 seconds
each leg
(page 28)



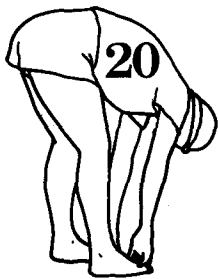
15 seconds
each arm
(page 40)



20 seconds
(page 40)



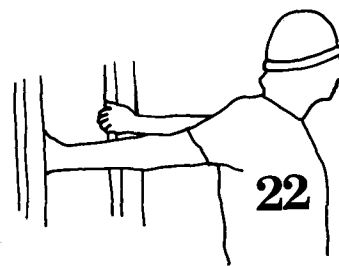
15 seconds
(page 65)



30 seconds
(page 52)



15 seconds
each leg
(page 74)



20 seconds
(page 44)