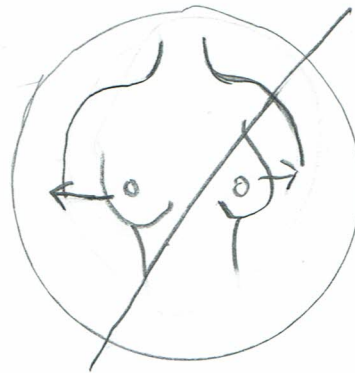
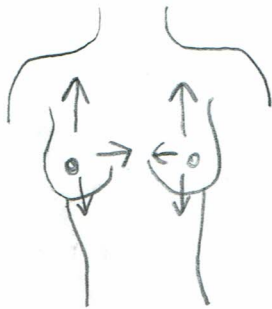


DISPLACEMENT EXERCISES

DO EXERCISES 2-3 TIMES A DAY

REPEAT EACH BREAST 2 TIMES



UP/DOWN/TOWARDS

NOT TO THE SIDES

THE MIDDLE

