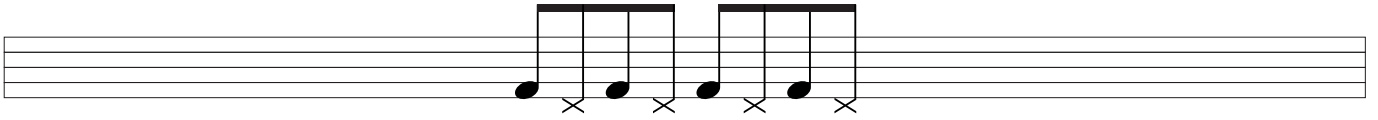
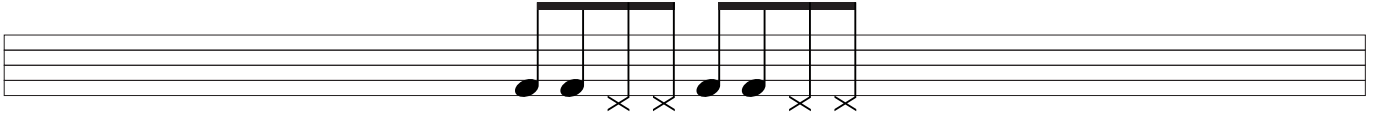


# Feet control

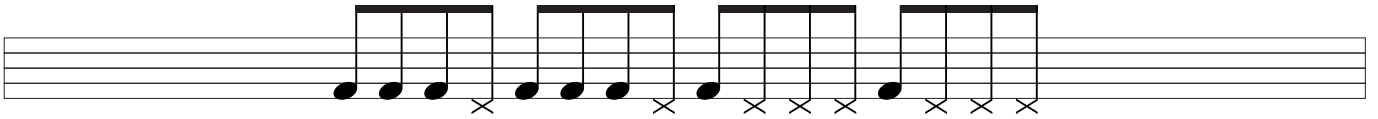
## EXERCISE 1



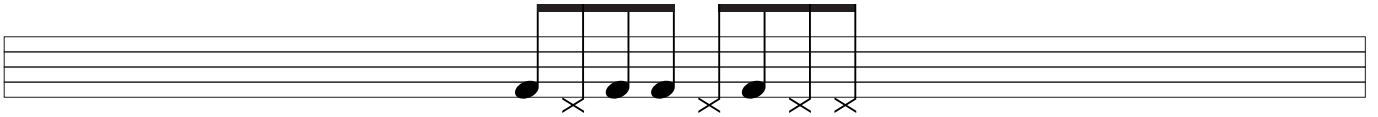
## EXERCISE 2



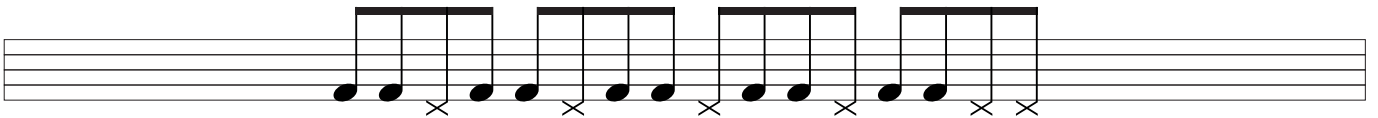
## EXERCISE 3



## EXERCISE 4



## EXERCISE 5



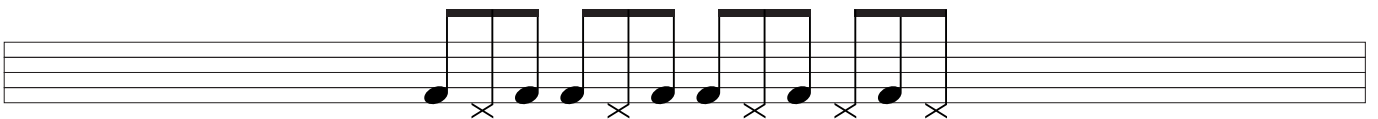
## EXERCISE 6



## EXERCISE 7



## EXERCISE 8



## EXERCISE 9

