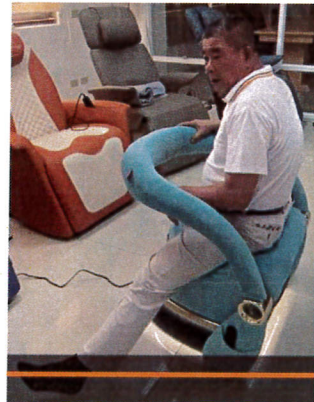
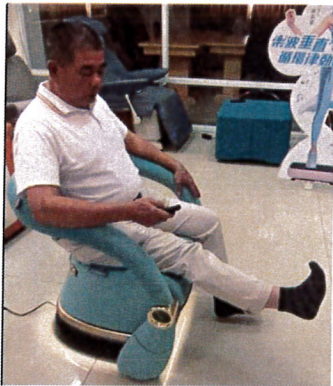
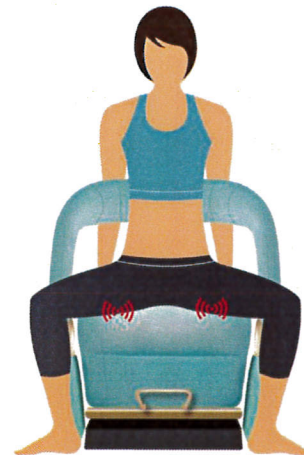
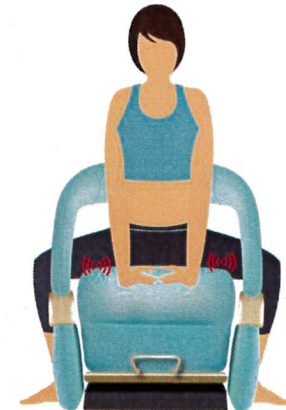
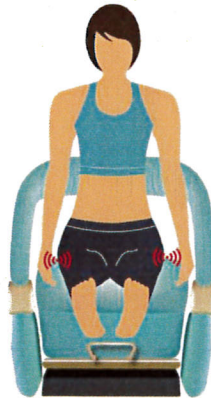
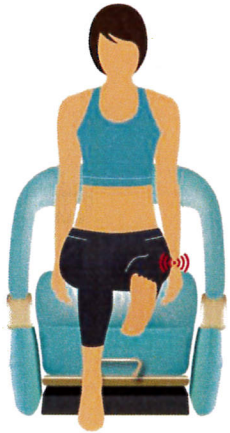


Training Methods when Sitting on A1-3-1



For details, please refer to the video.

Training Methods when Sitting on A1-3-2



Training Methods when Standing on A1-3

