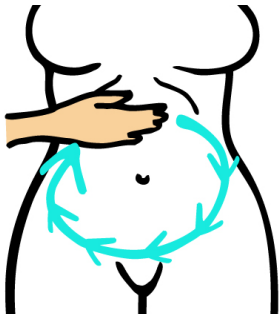
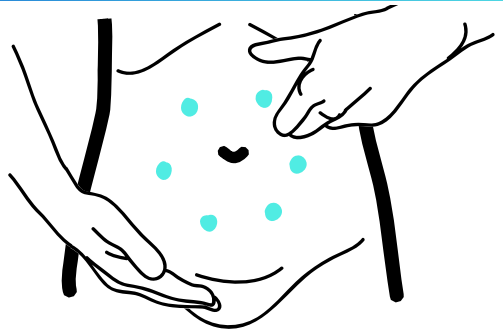
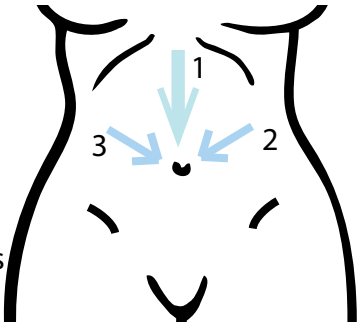


# Advanced Belly Care (a)



3 set of  
3 moves  
repeat  
3 times  
3 strokes  
each



3 set of  
3 moves  
repeat  
3 times  
3 strokes  
each

