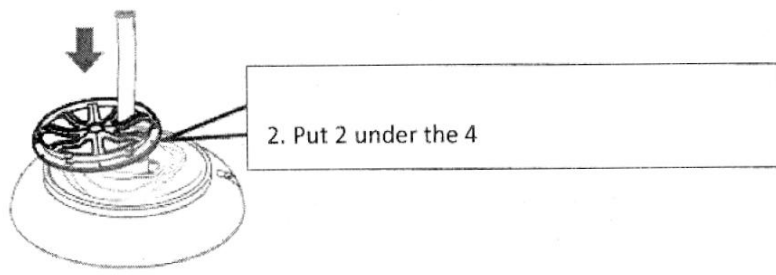
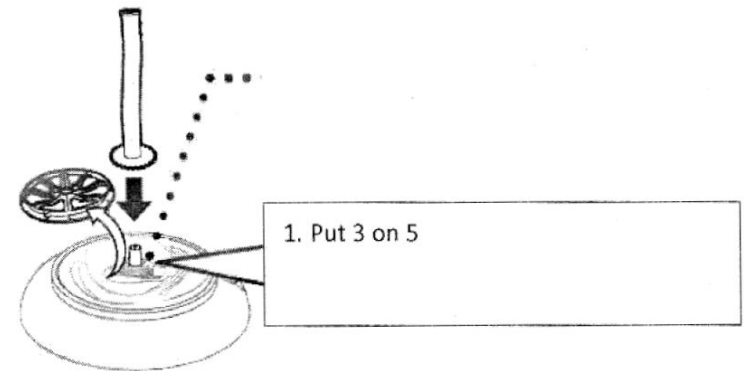
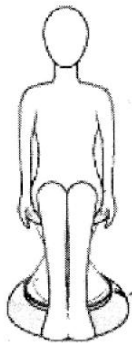
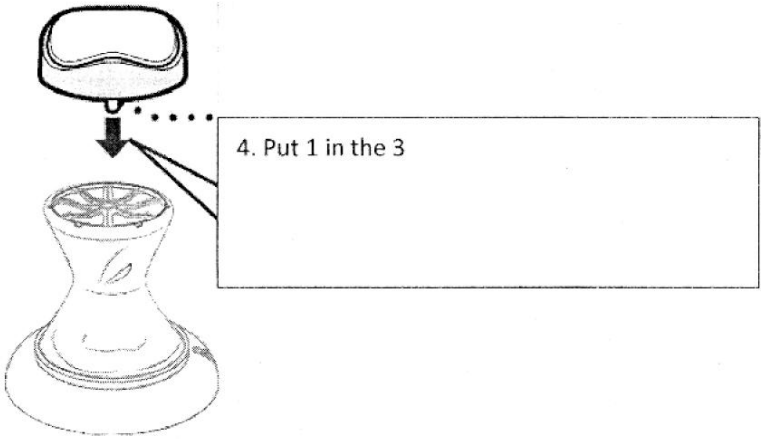
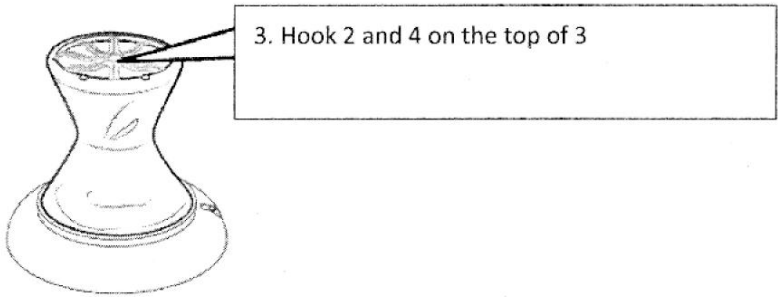


Assemble steps





The basic position



Keep head and shoulders stationary , rotate the waist.