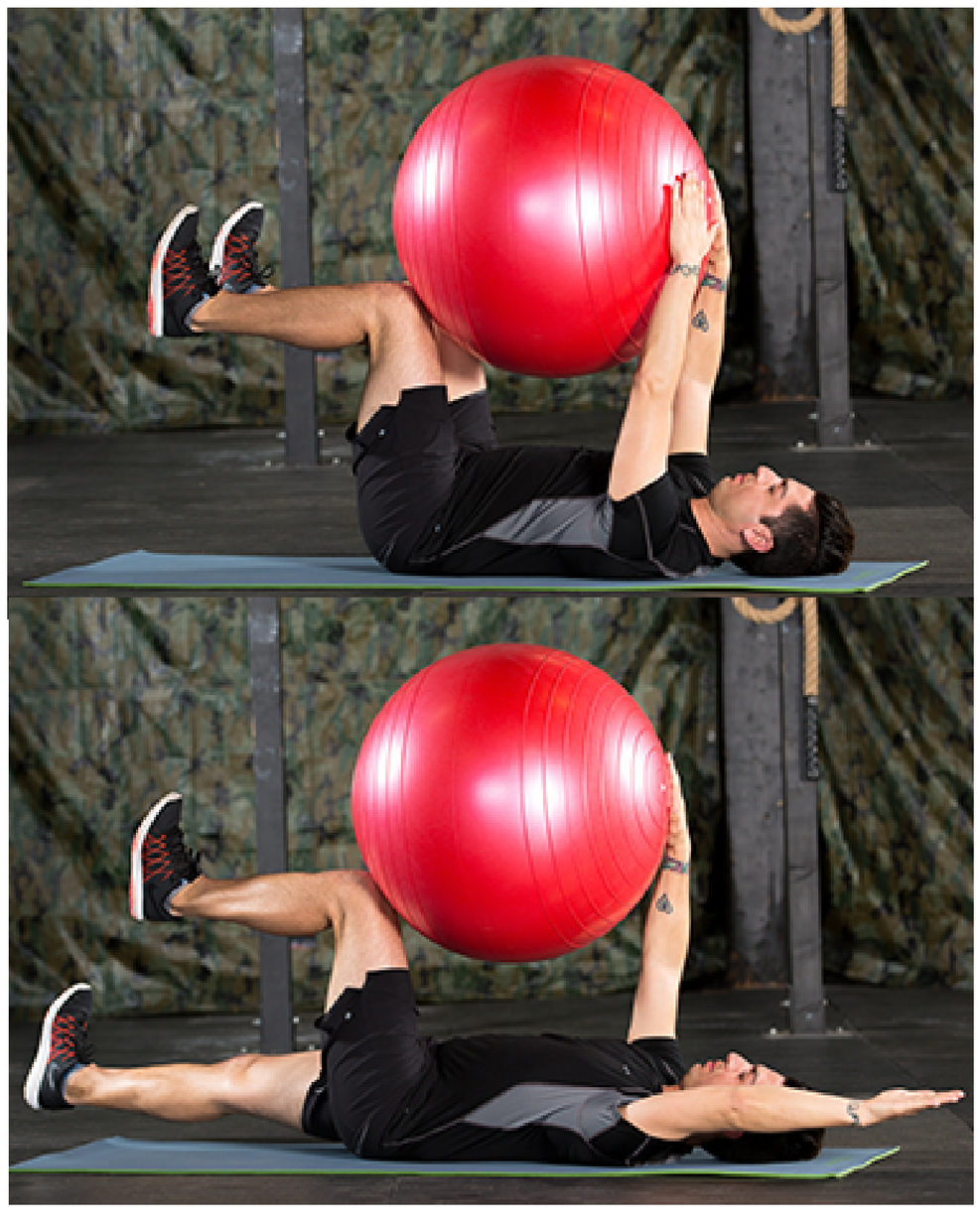
Balance and Stability

Repeat 10-30x on each side