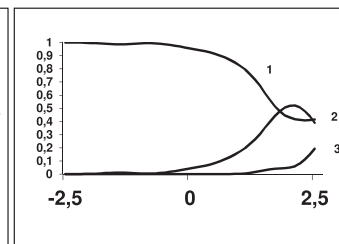
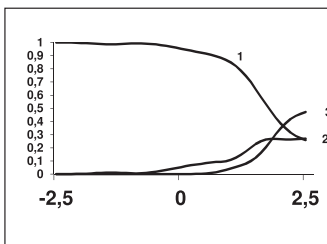
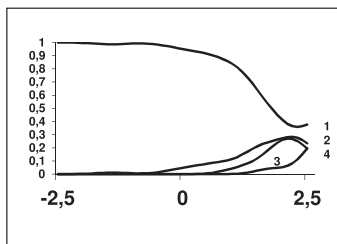


1. BP01: Get into bed

A1

B1

C1

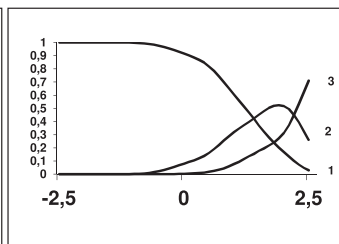
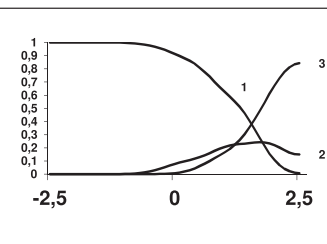
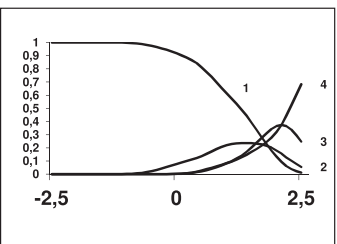


2. W05: Walk 5 minutes nonstop

A2

B2

C2

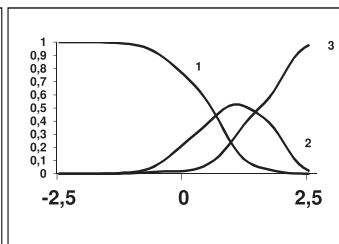
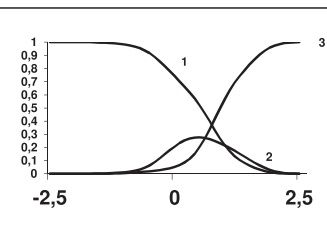
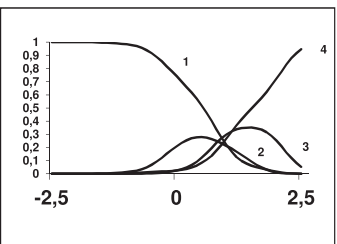


3. W07: Walk 1 kilometre with rests

A3

B3

C3



4. W12: Walk several kilometres on uneven ground

A4

B4

C4

