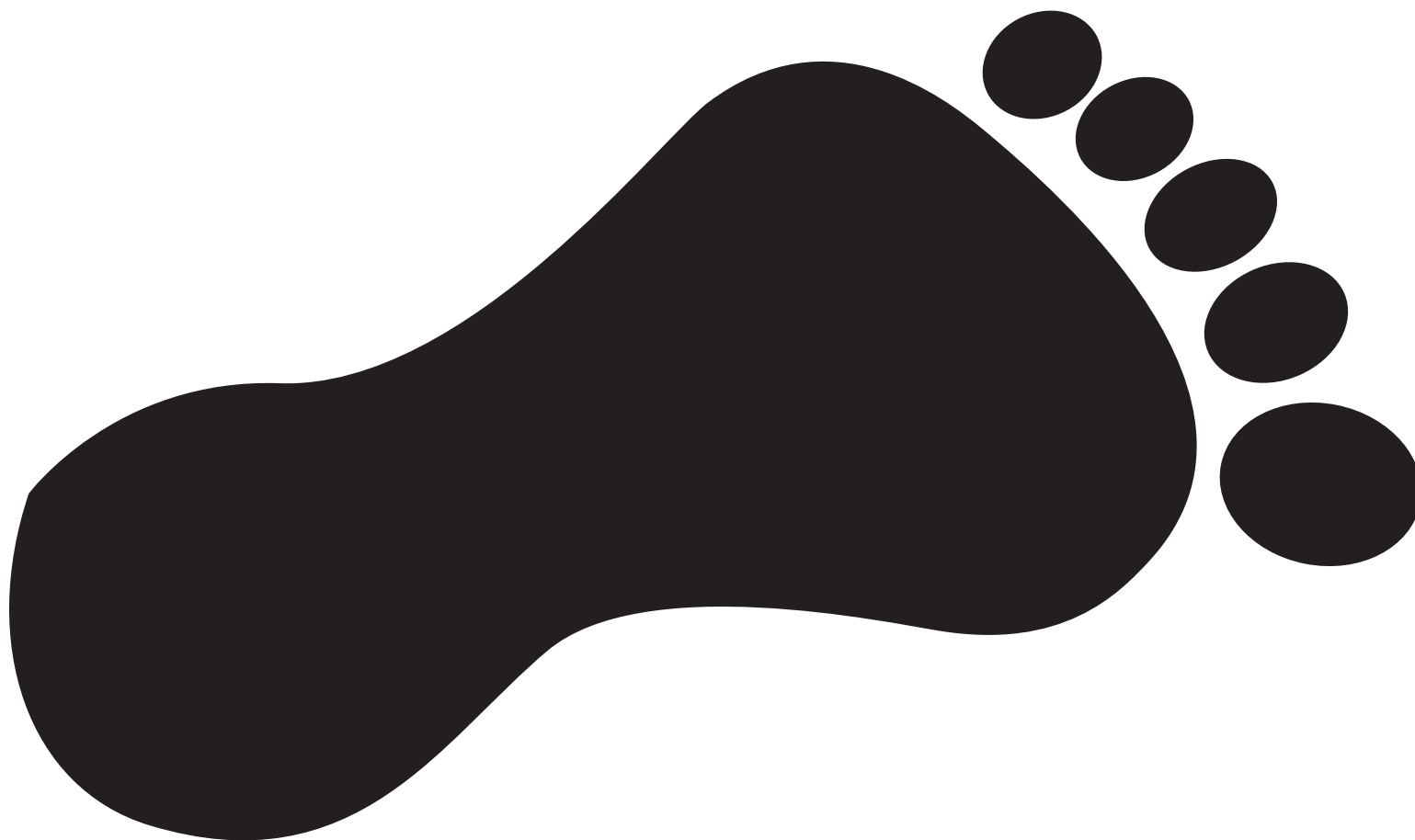


1 Hand Stencil



2 Foot Stencil



3 Mat Placement

