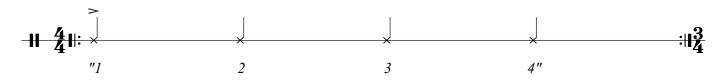
Clapping Pulse Exercise

1) Clapping 4/4 - Repeat multiple times until strong



2) Clapping 3/4 - Repeat multiple times until strong



3) Clapping 2/4 - Repeat multiple times until strong

