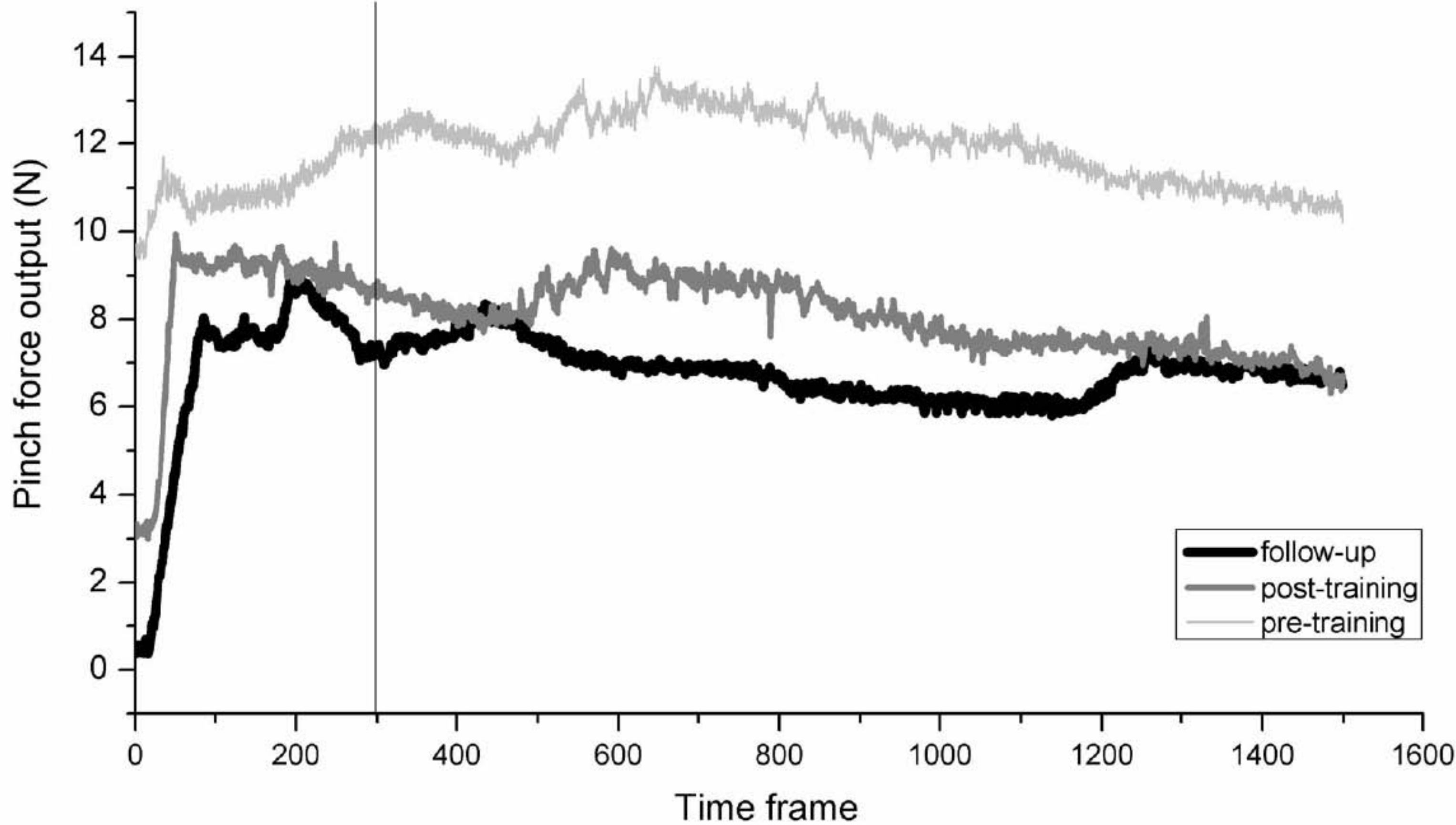


Phase I:
lifting to 5cm height

Phase II:
lifting to 30cm height and static holding



Pinch force output during PUHA test before and after training