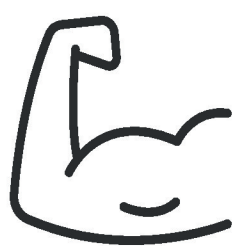


Wok Hadening

Kipim yu strong long wok na long haus

Wanem em i Wok Hadening?



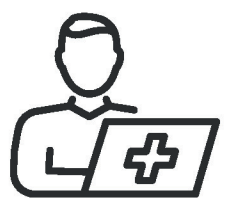
- wanpela 6–12-wik eksesa program bilong yu stret
- helpim yu long kamap strong na luksave long bodi bilong yu
- helpim yu long redi long wok bilong yu

Bilong wanem ol i makim mi long mekim?



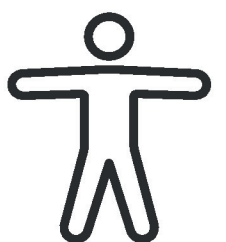
- yu nupela long wok
- ol i muvim yu i go long narapela wok we yu mas wok strong moa
- ol lain husait i kisim yu long wok i laik bai yu i no inap painim hevi o bagarap

Mi mas mekim wanem?



1

Kamap long taim long wikli apoinmen bilong yu



2

Mekim ol eksesa bilong yu ausait long taim bilong wok



3

Kisim 15–20 minit long wanwan de long pinisim