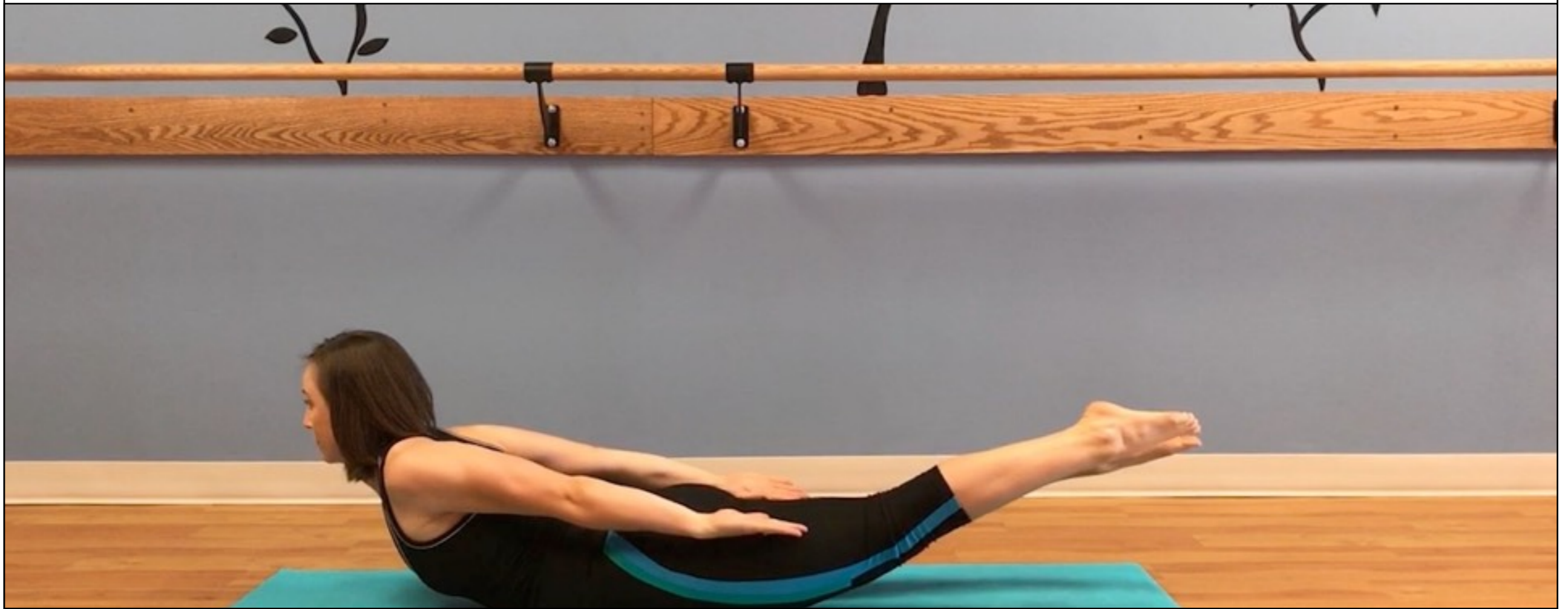


CHAPTER 40

Superman



Begin prone. Lift legs and chest with arms alongside body. Soft gaze.