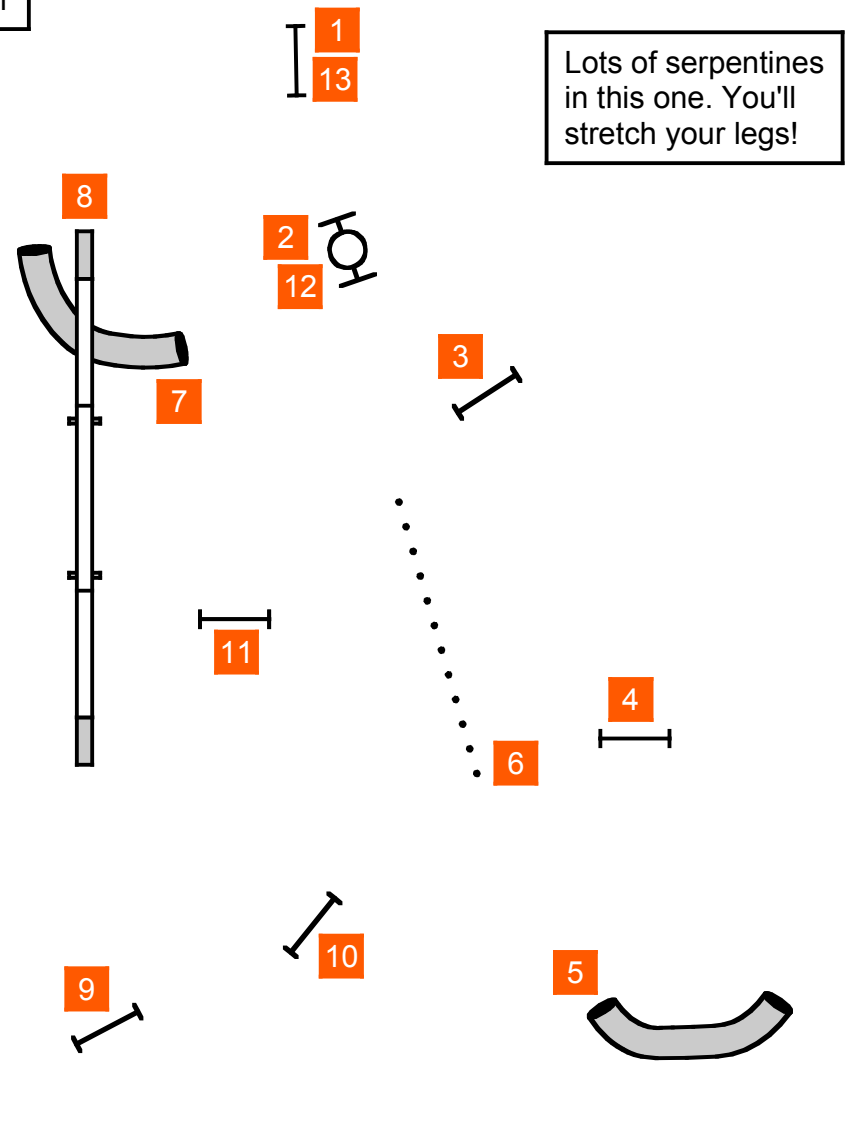
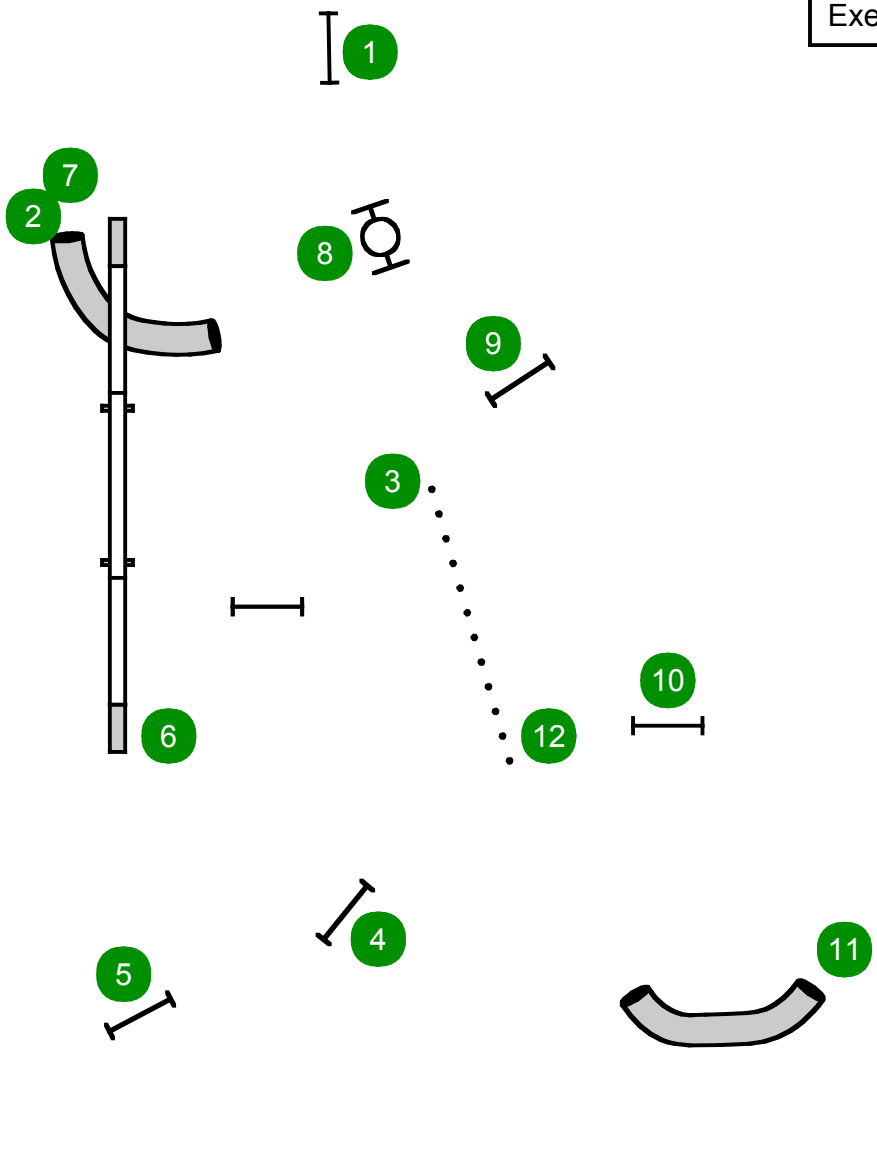


Exercise 1



Lots of serpentines in this one. You'll stretch your legs!