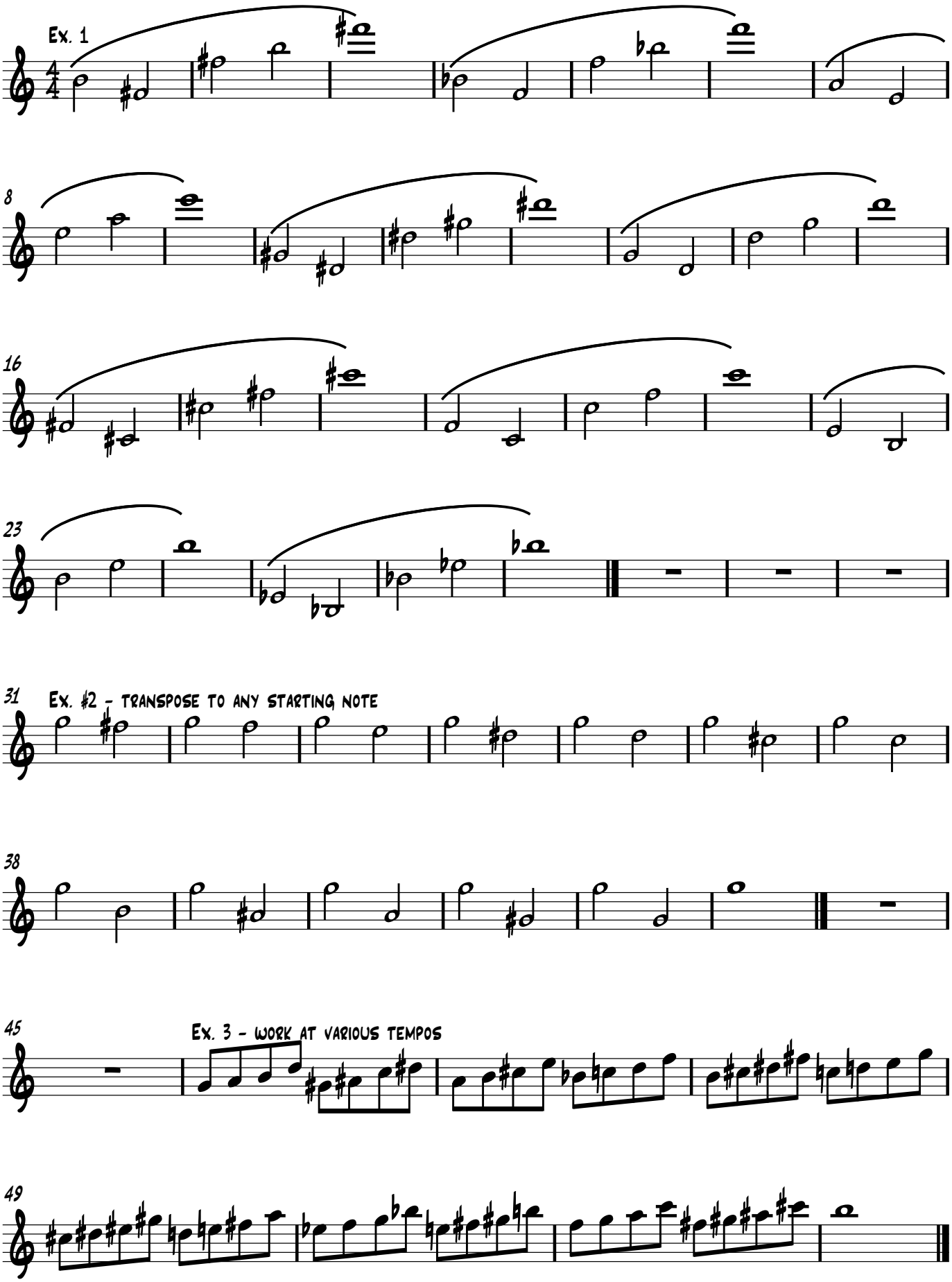Warm Up / Tuning Excercises