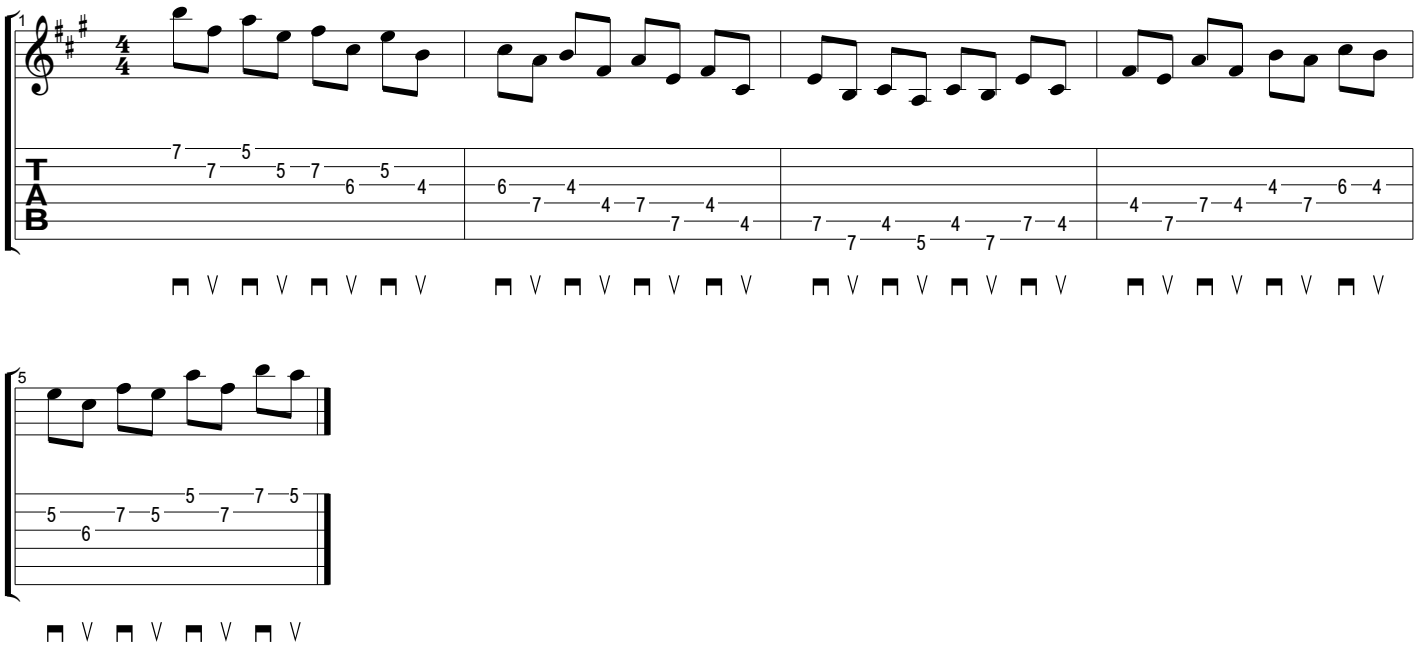Exercise Starting with a Downstroke