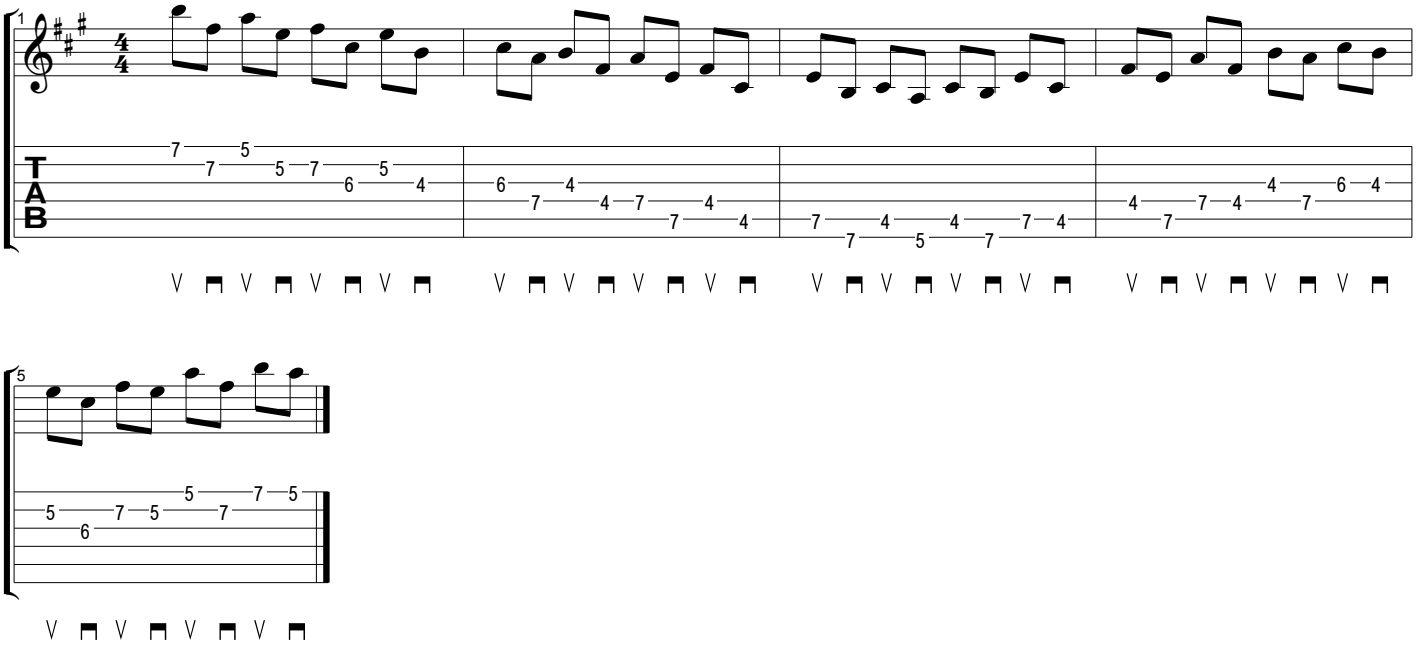Exercise Starting with an Upstroke