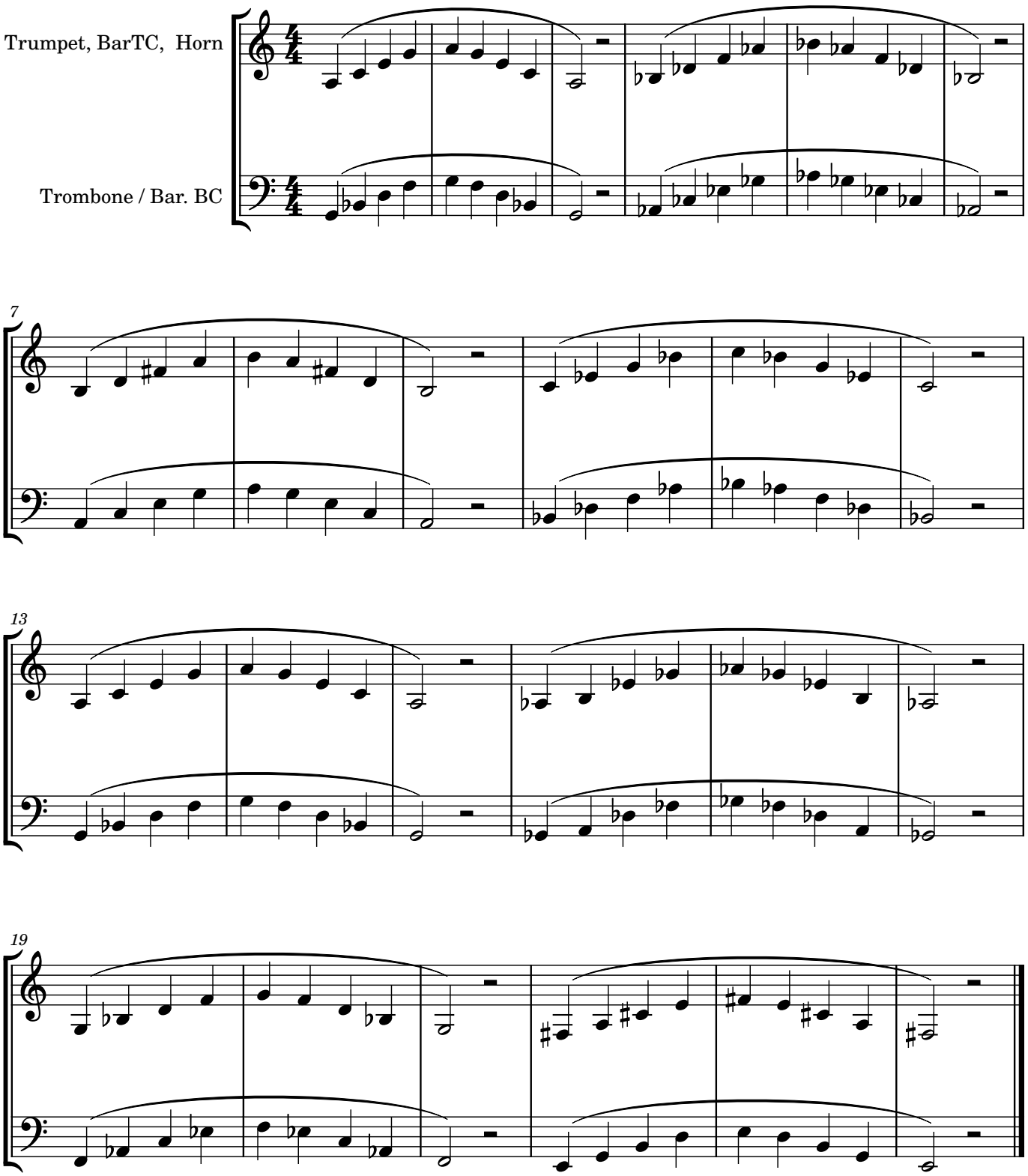warm up 4 - flow exercise