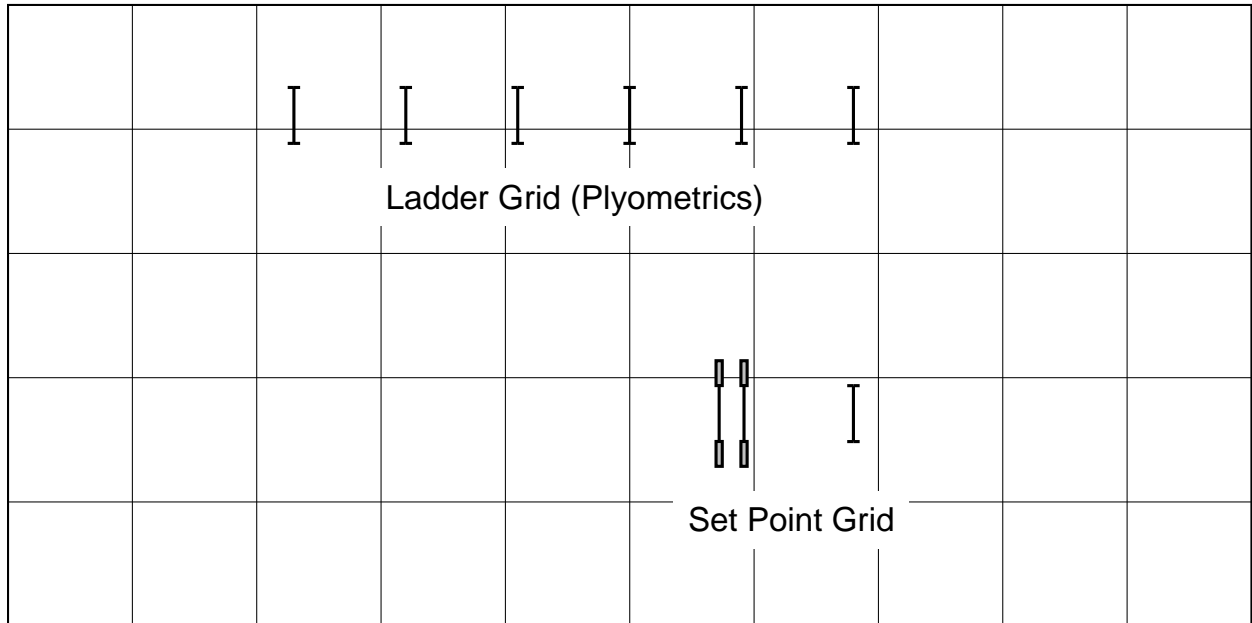
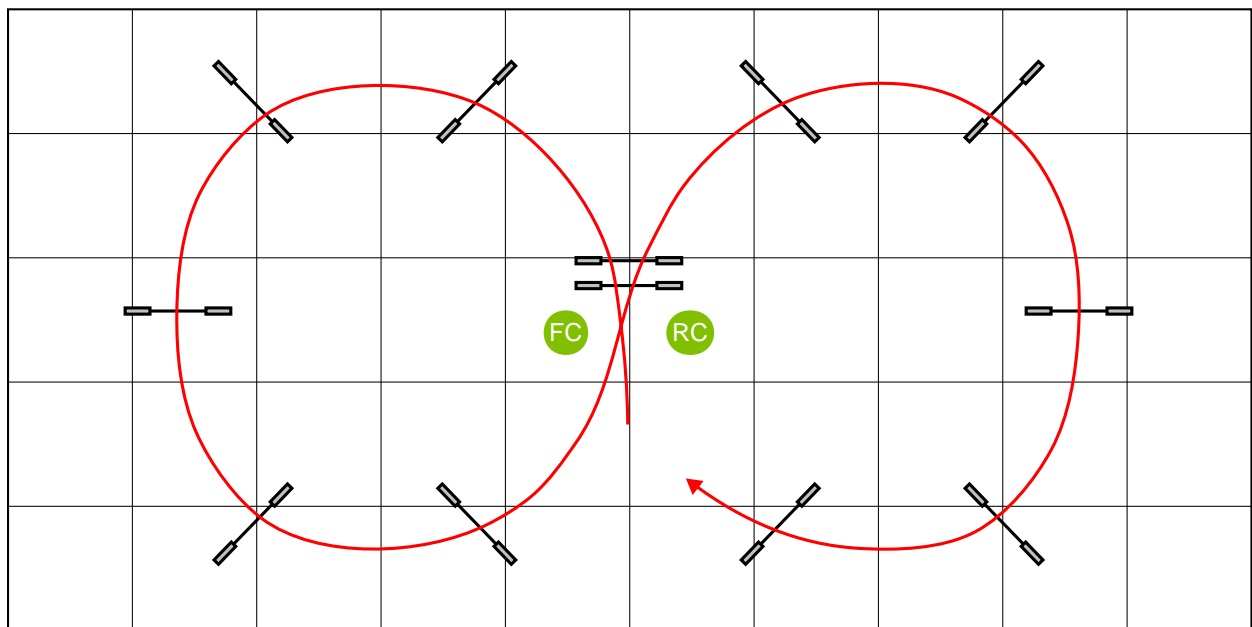
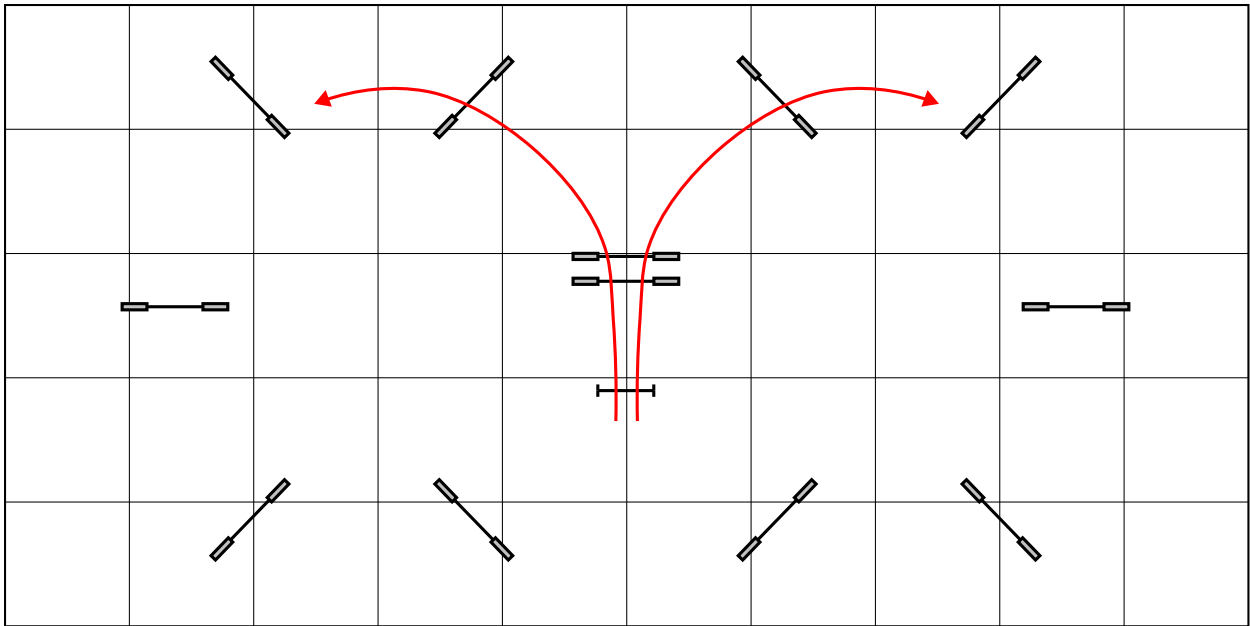
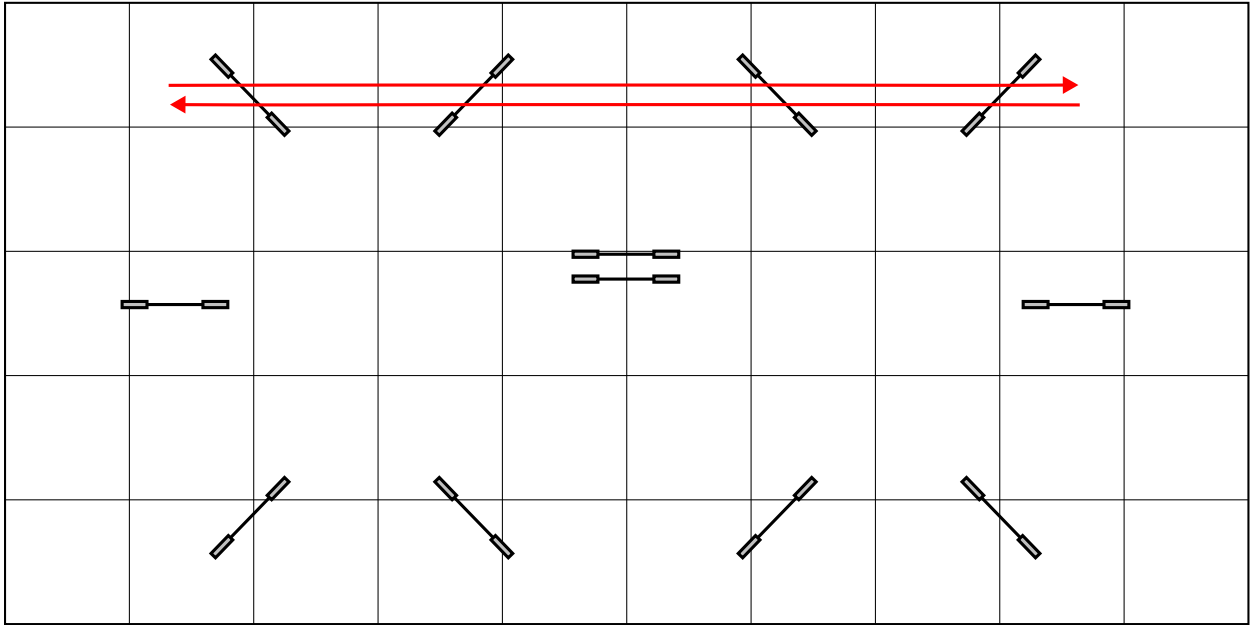


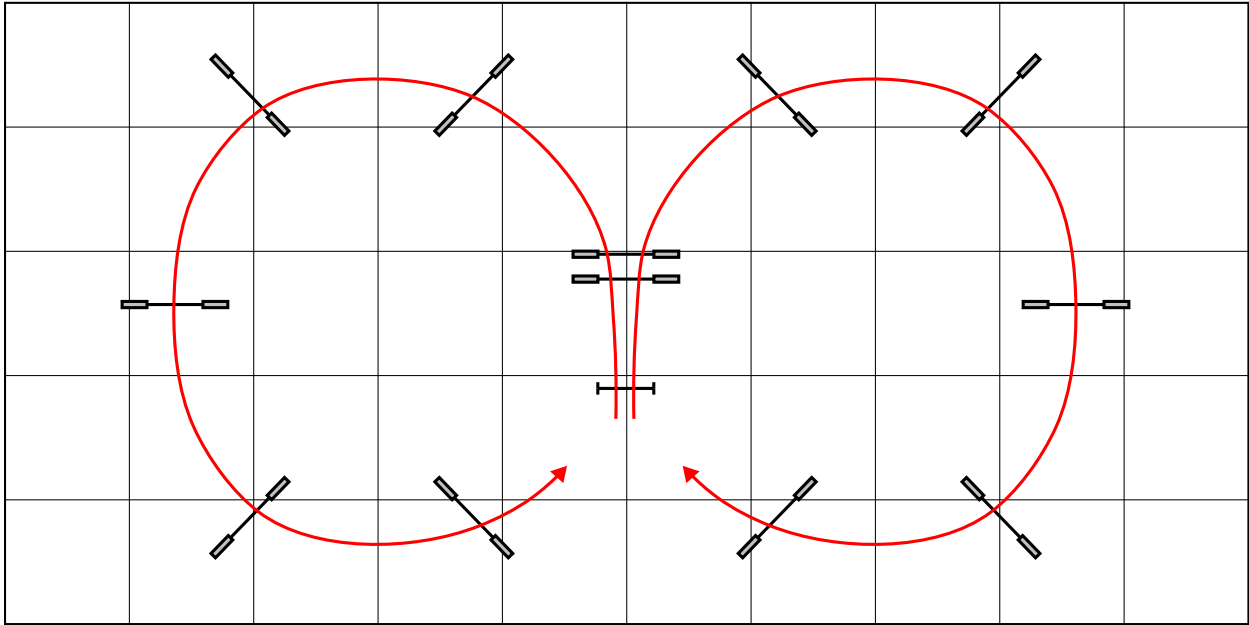
Warm-up



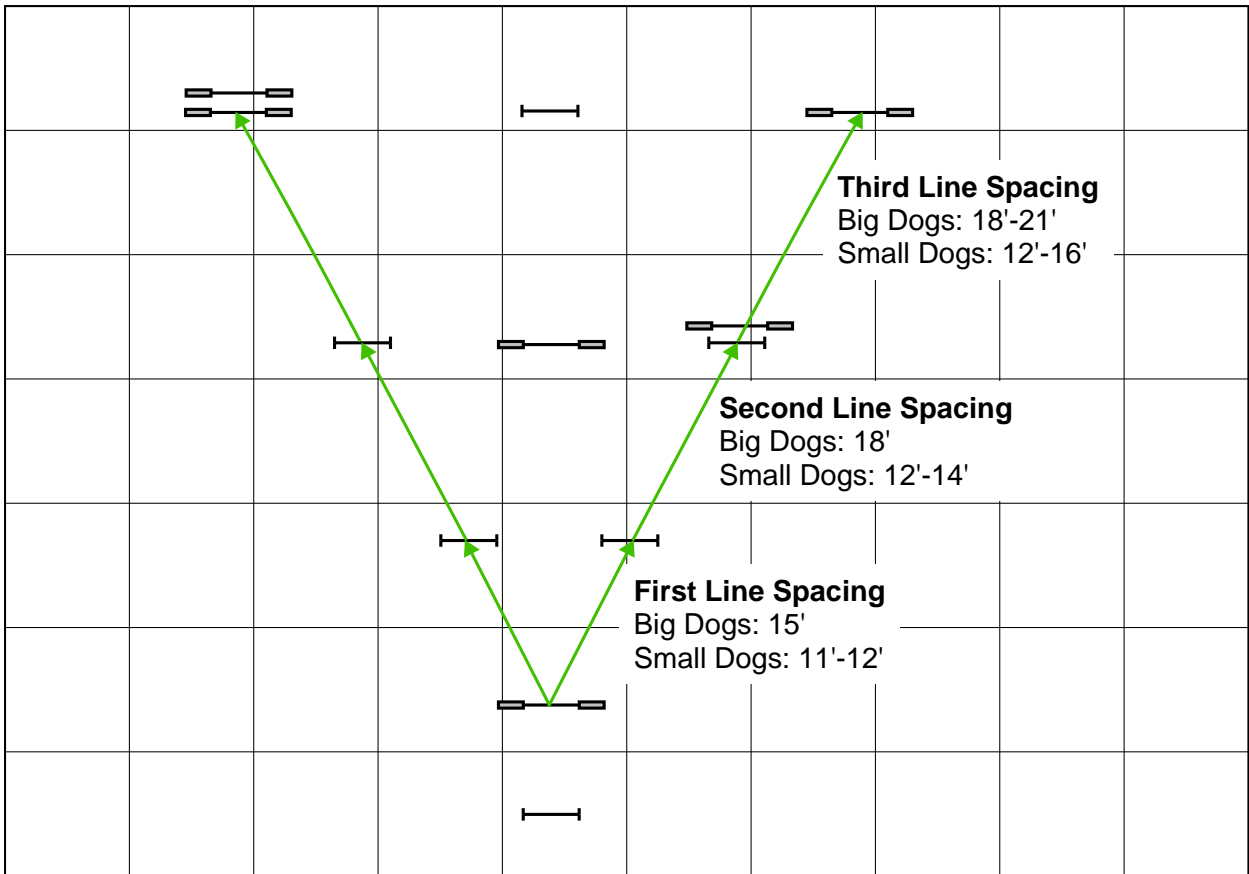
Exercise 1

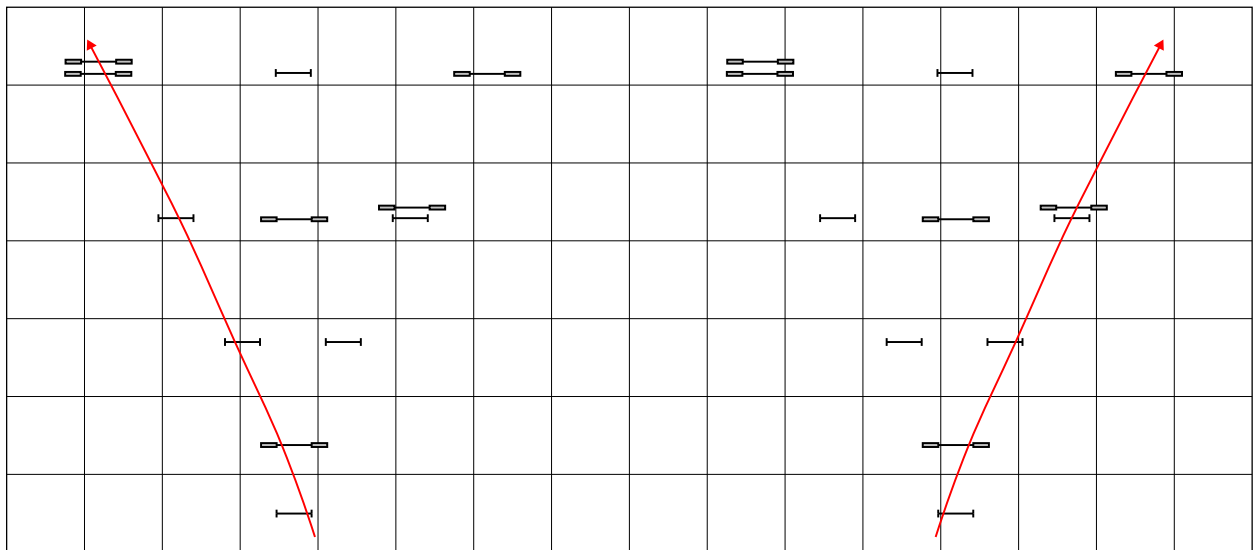
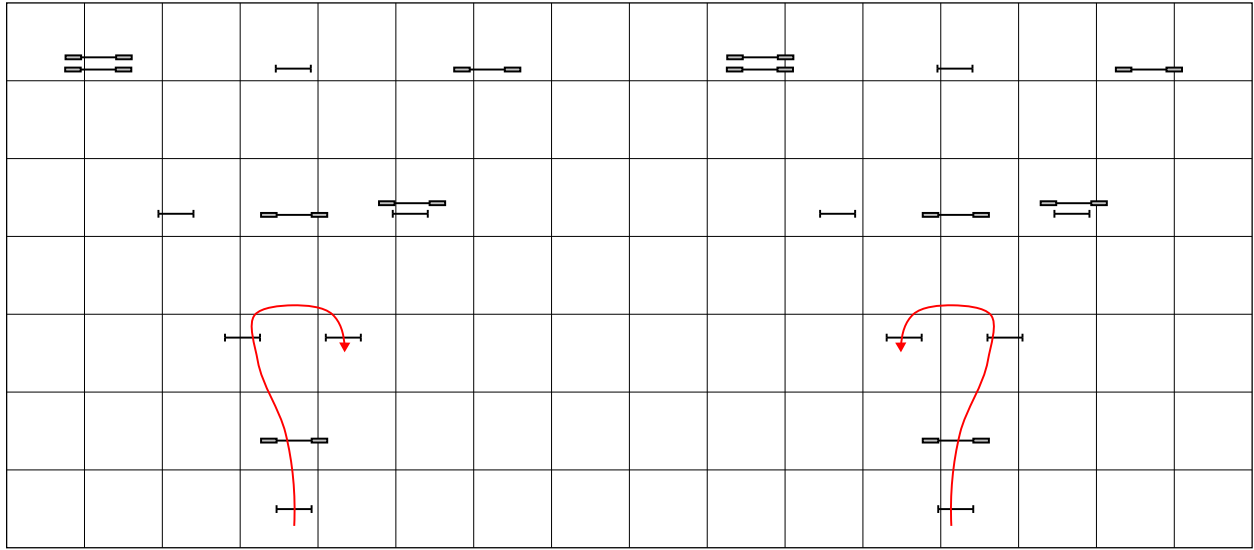


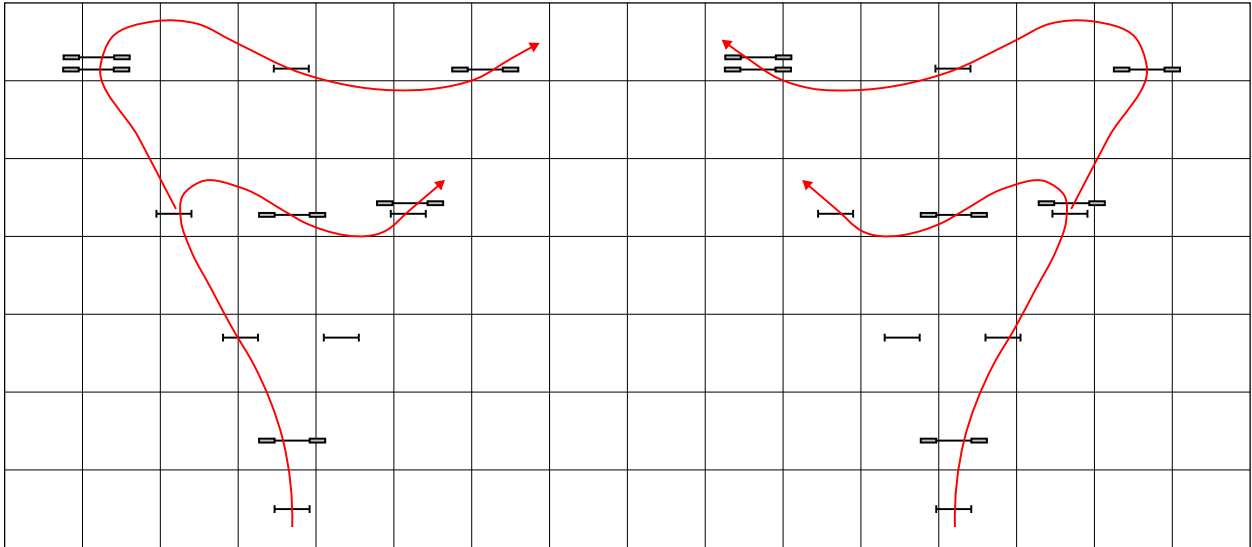




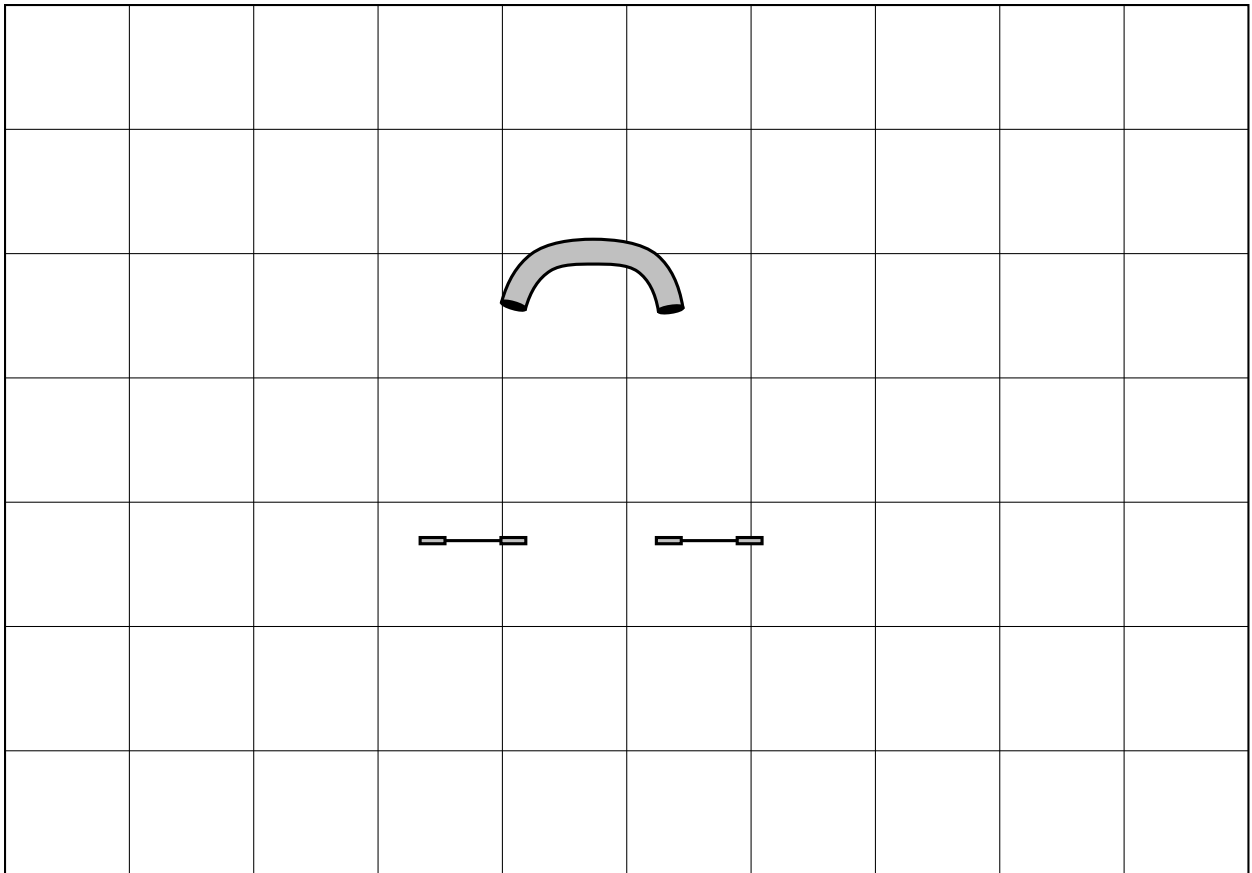
Exercise 2







Tunnel Setup





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