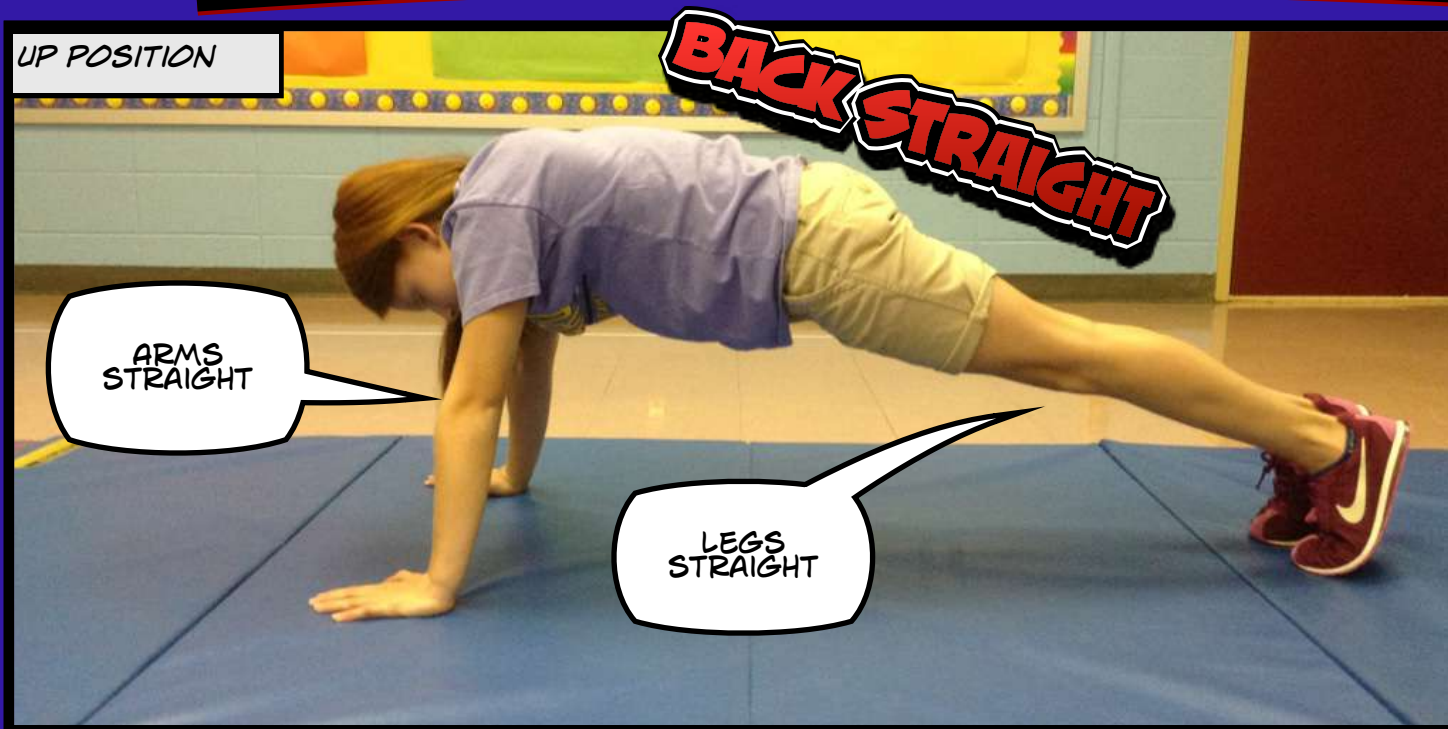


PUSH UPS

UP POSITION



DOWN POSITION

