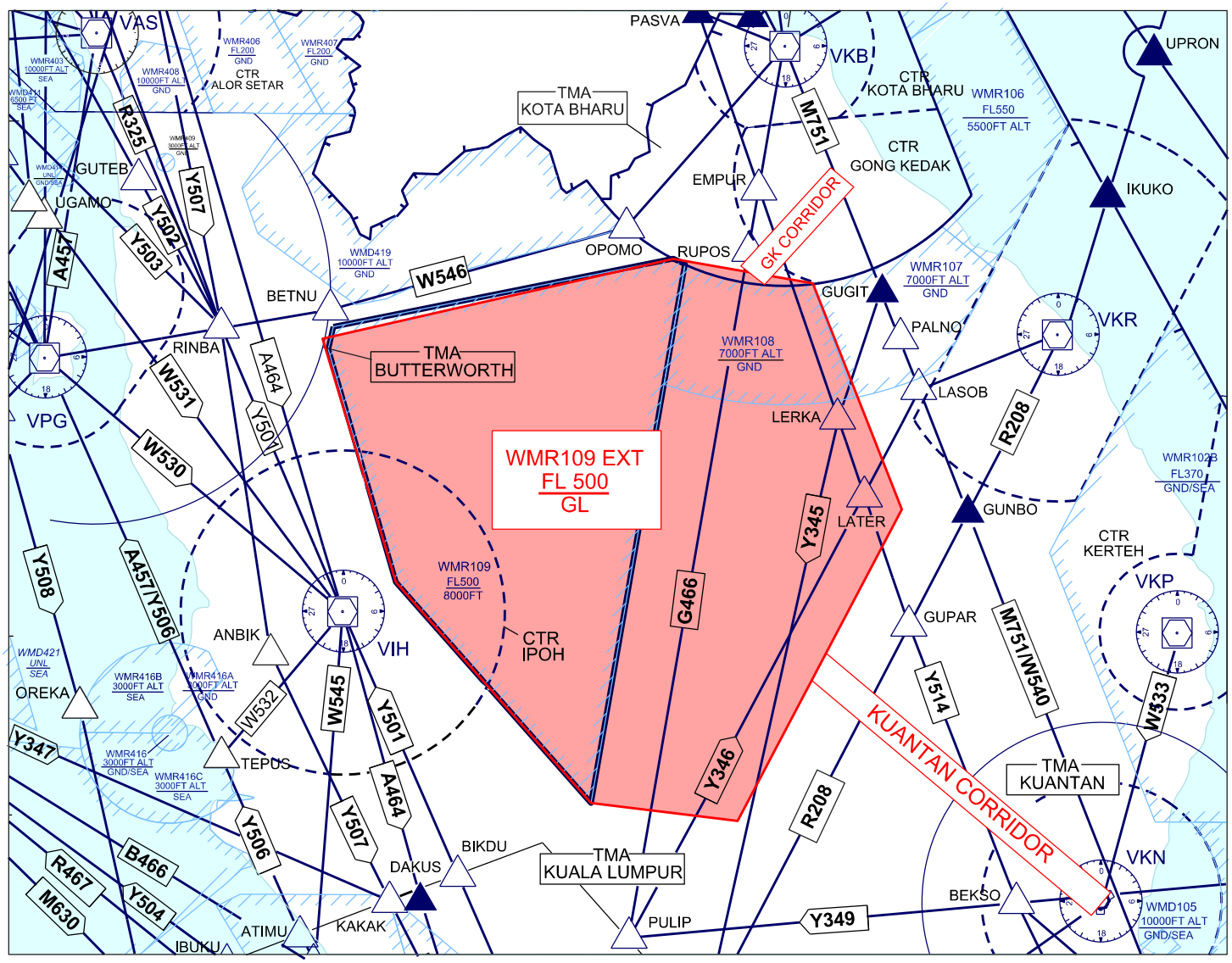EXERCISE ELANGAROO 25