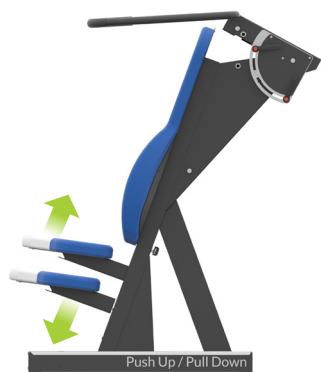


# Push Up / Pull Down



PUSH UP



PULL DOWN

