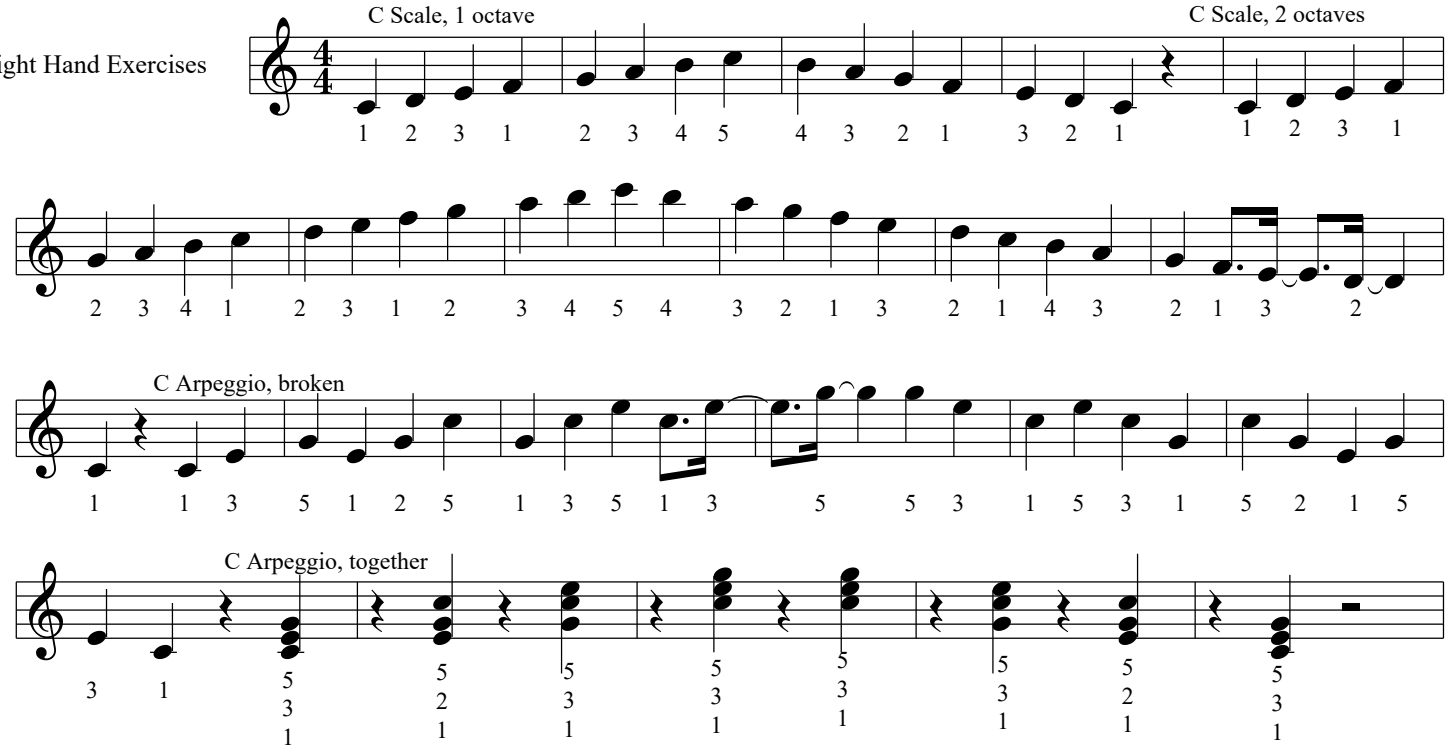Right Hand Exercises