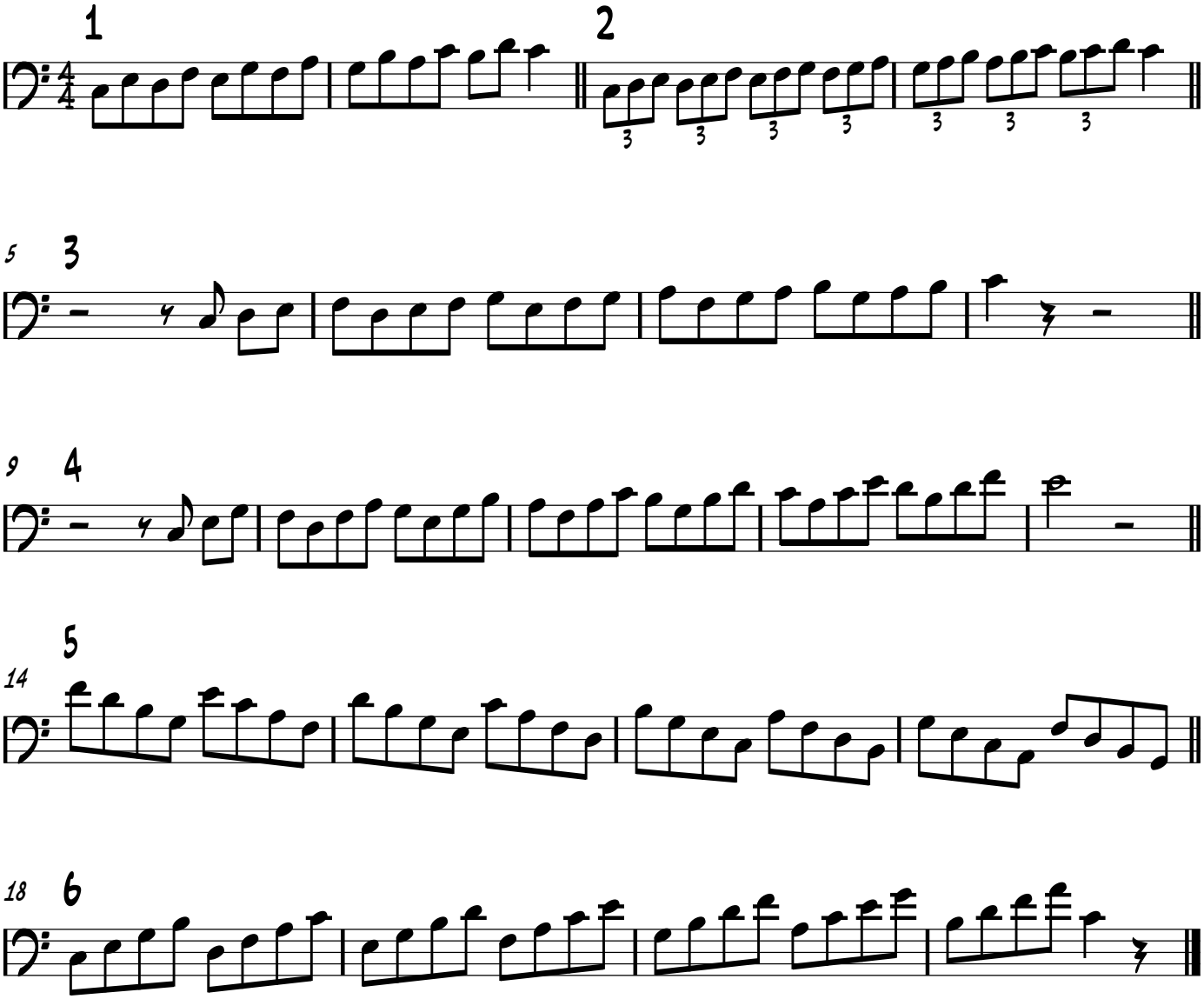Scale Exercises