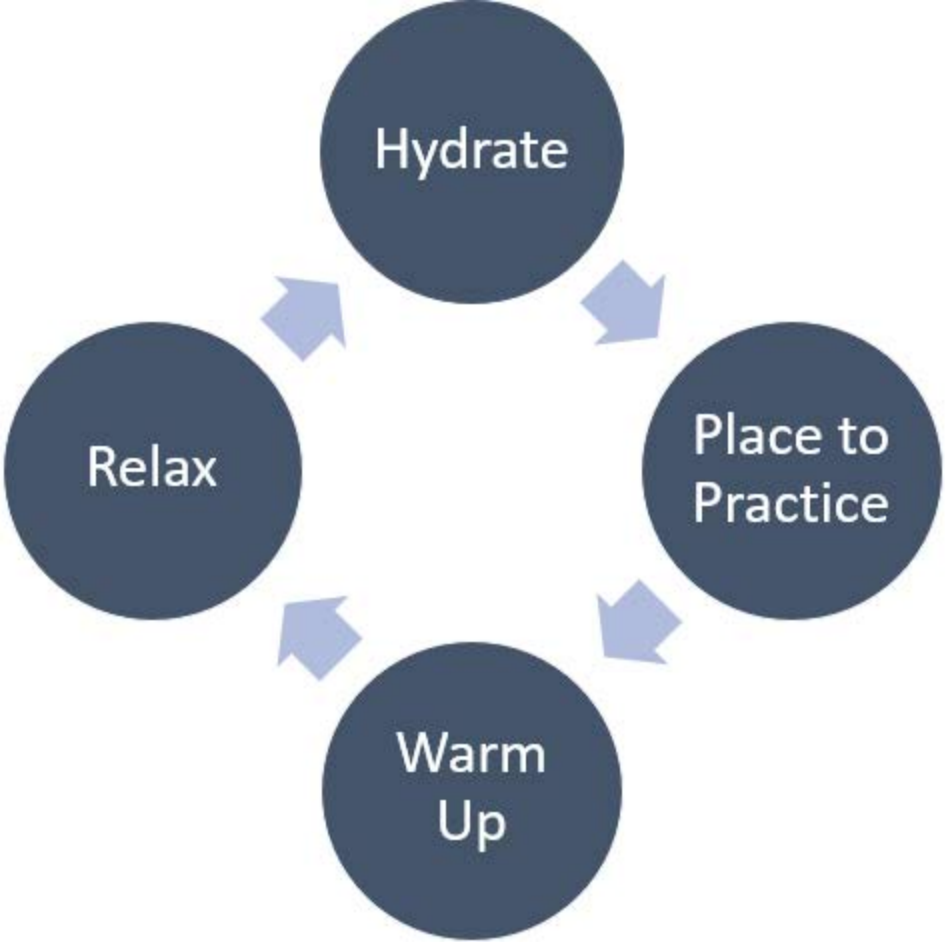
Hydrate
Place to Practice
Warm Up
Relax