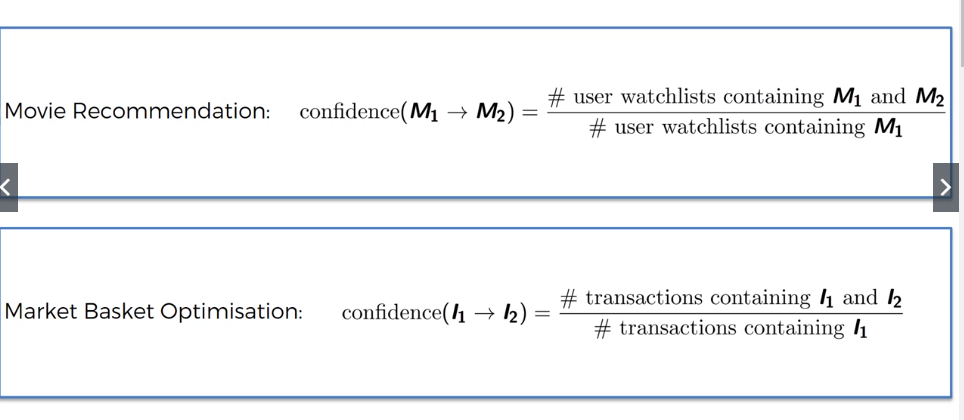
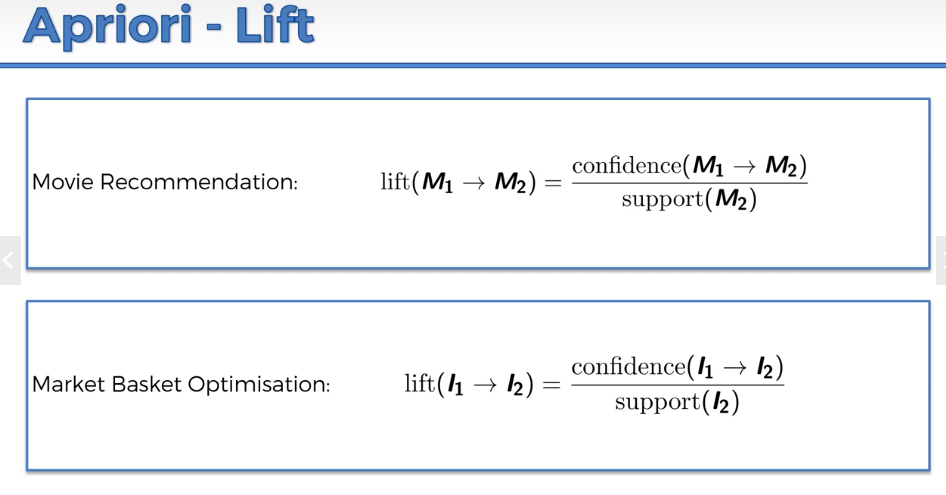
Formula :



Lift:



Steps:

