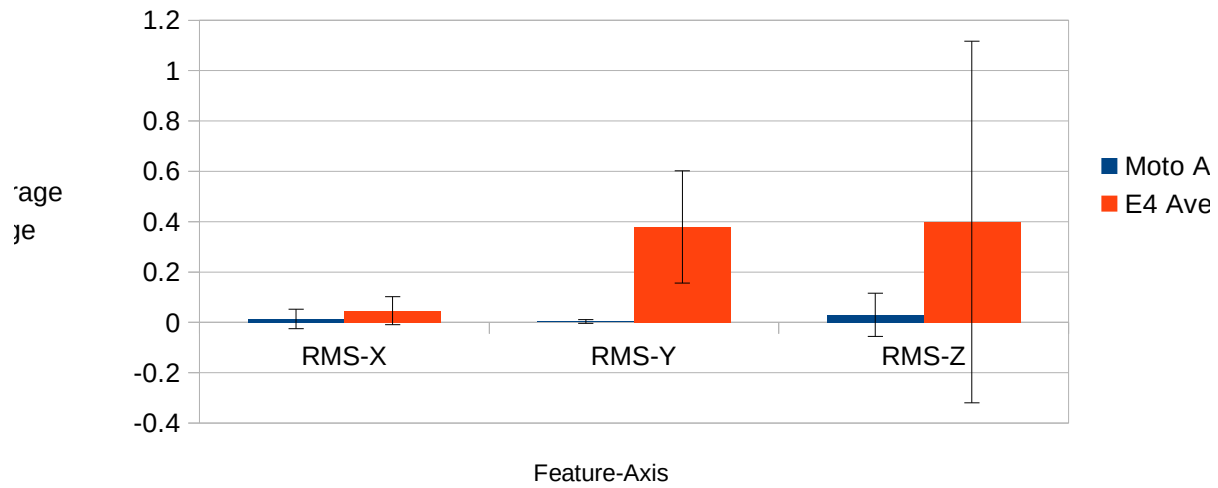


Arm Raising

RMS with E4 closest to hand



verage
verage