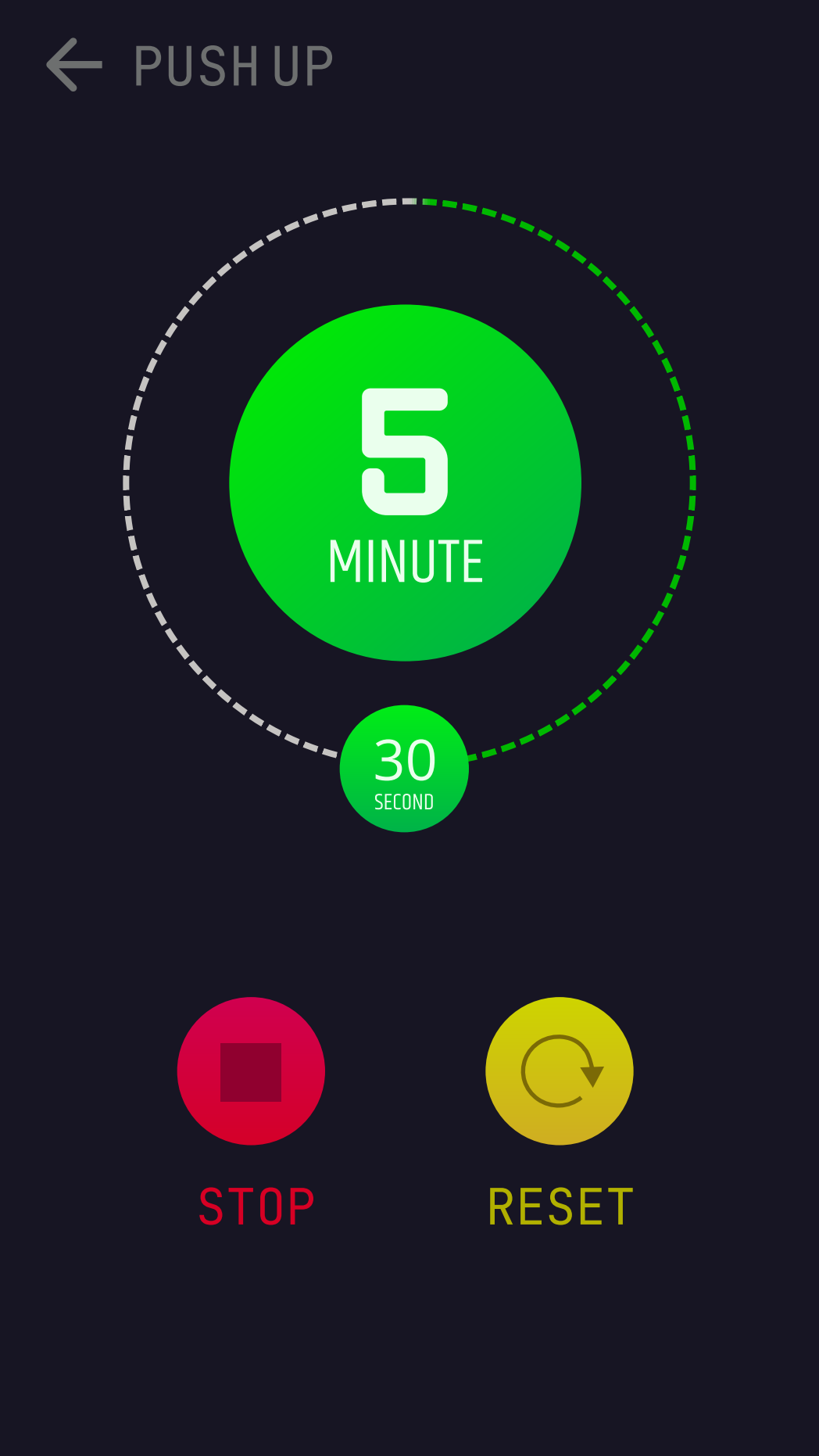
PUSH UP
5
MINUTE
30
SECOND
STOP
RESET