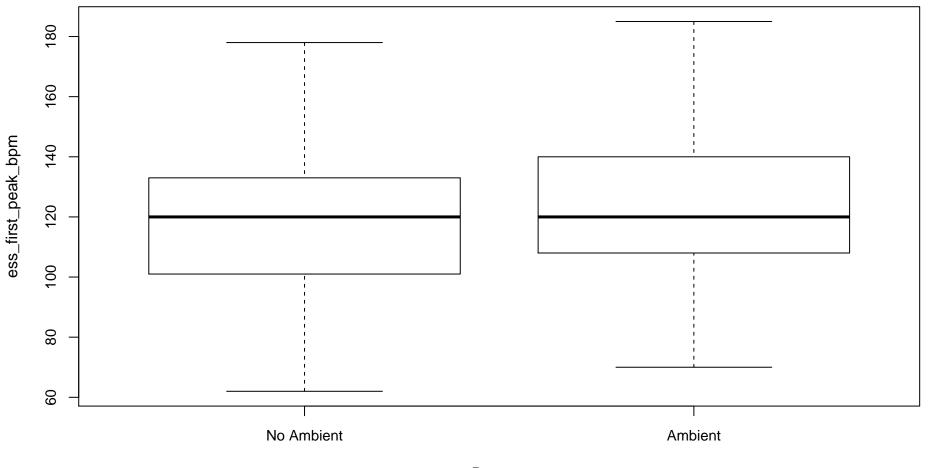ess_first_peak_bpm