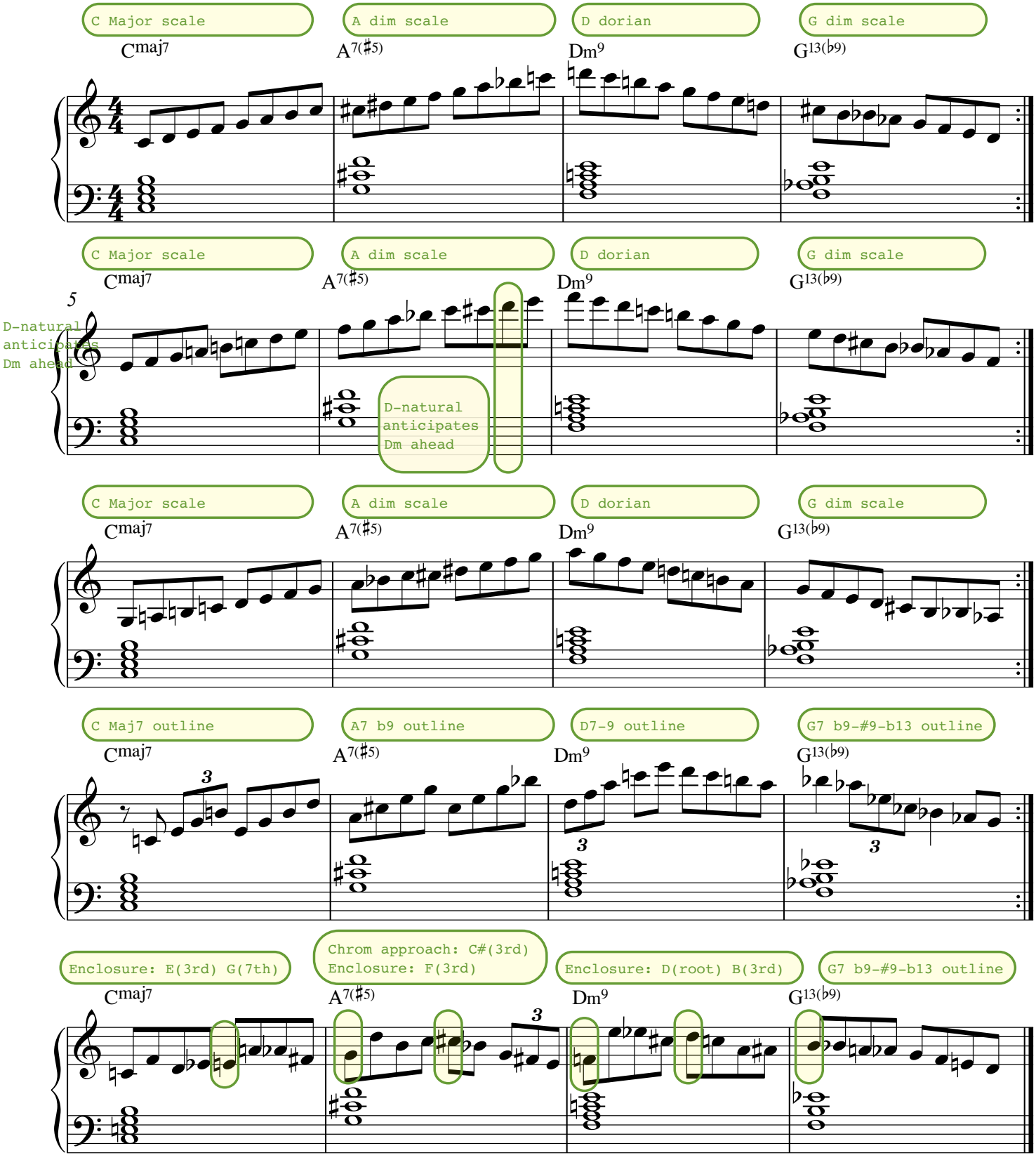2-5-1 Scale Exercise from David Magyel