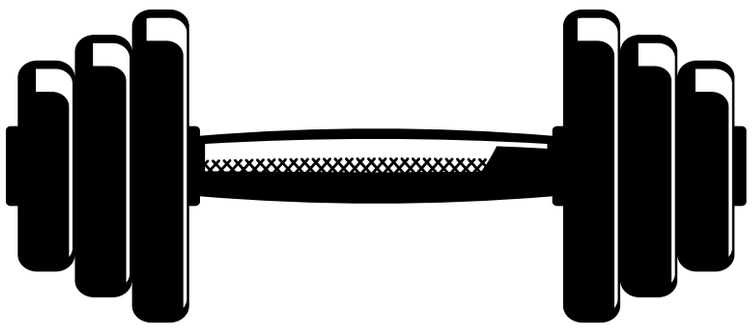
AIM
high

squat
LOW