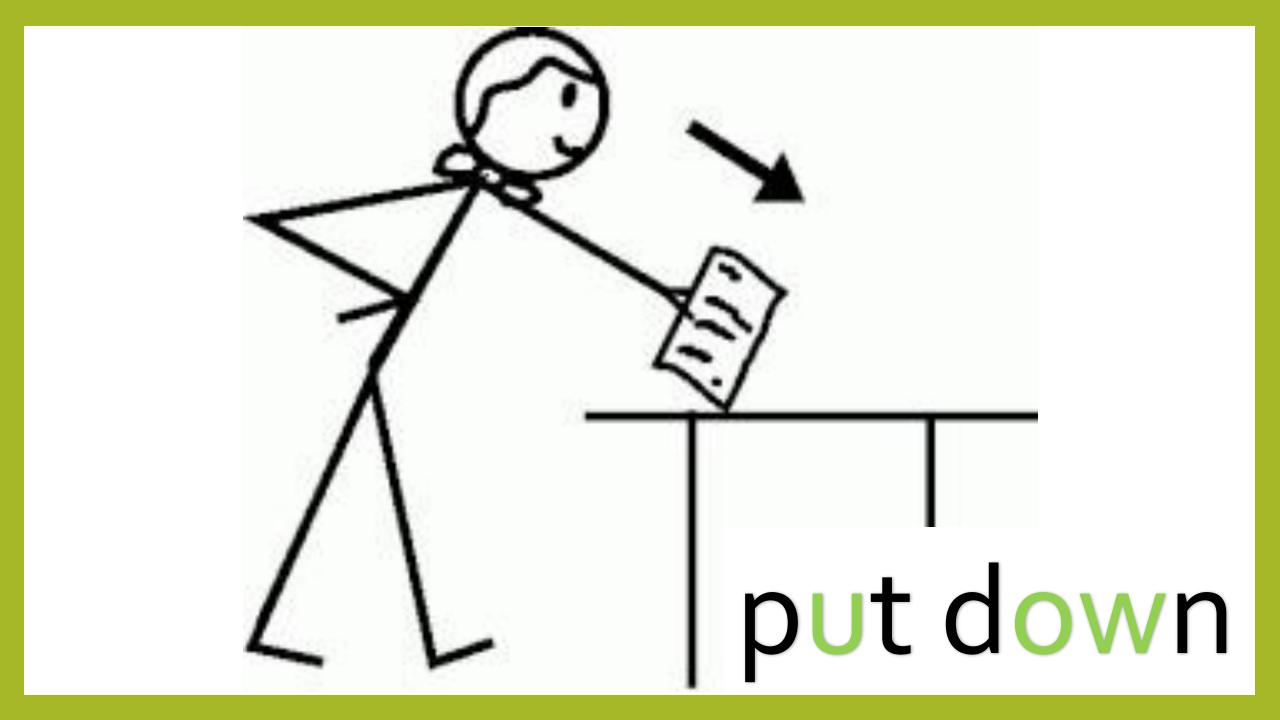


stand up

sit down





put your hands down



