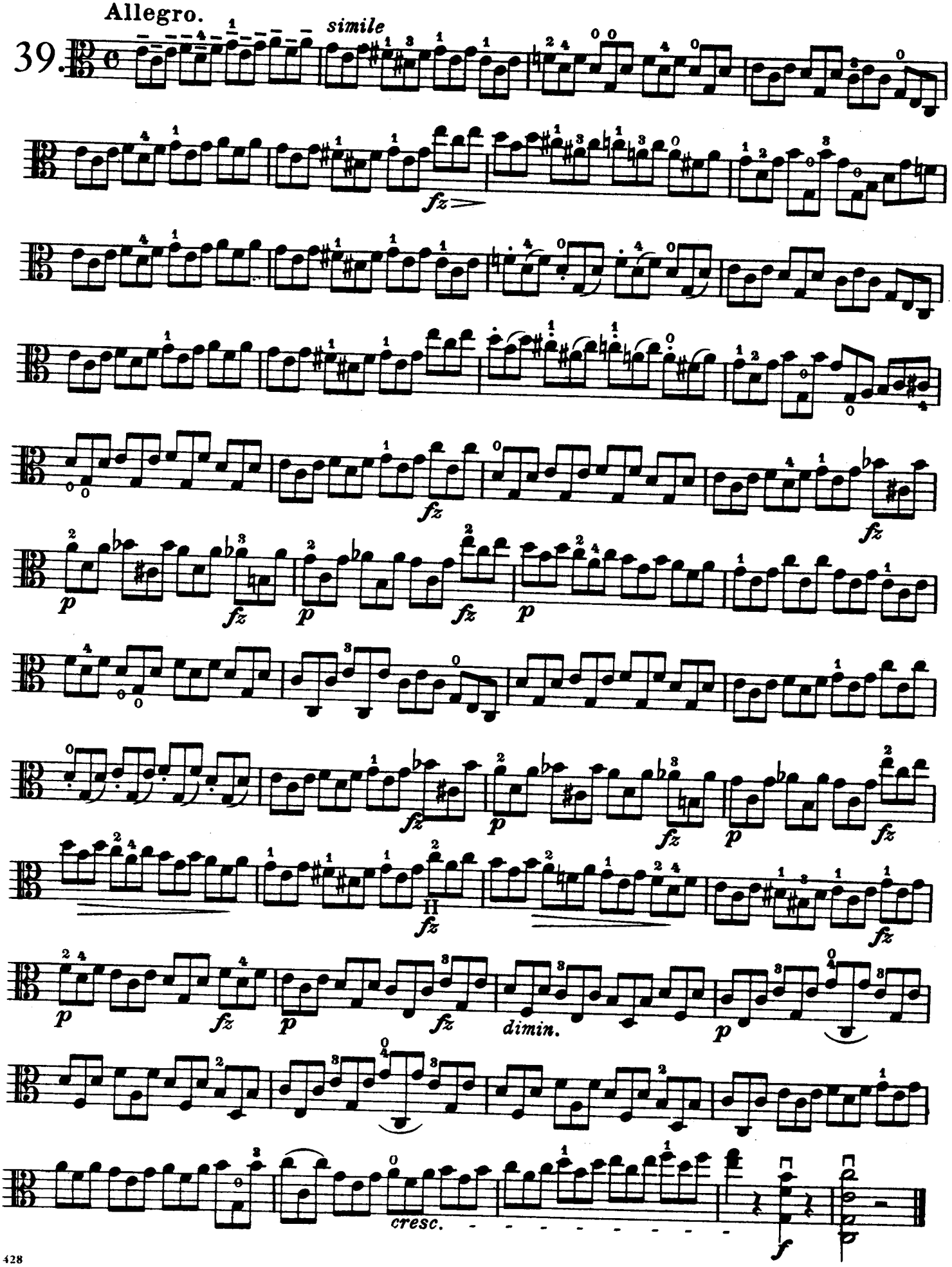Bowing-exercise on two strings, for flexibility of the wrist