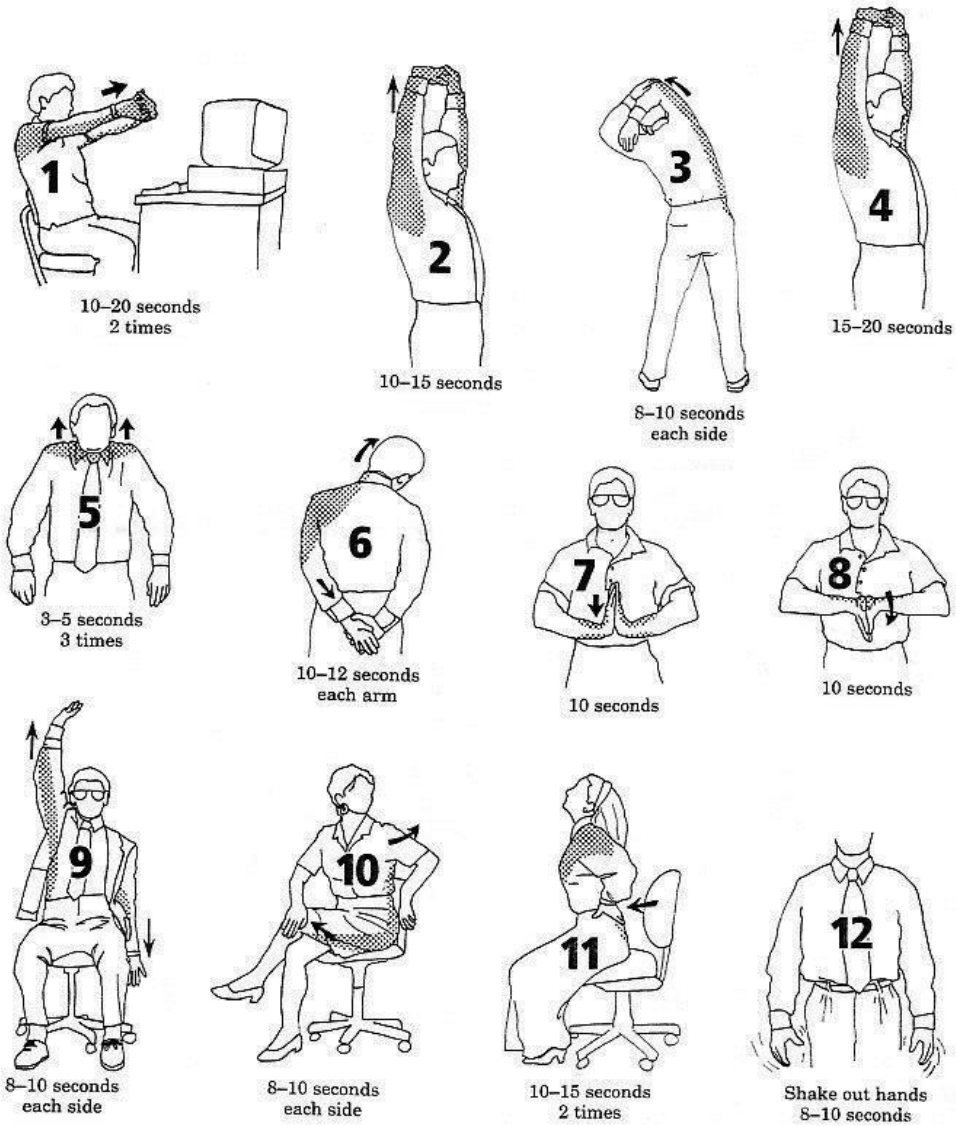Desk Stretches