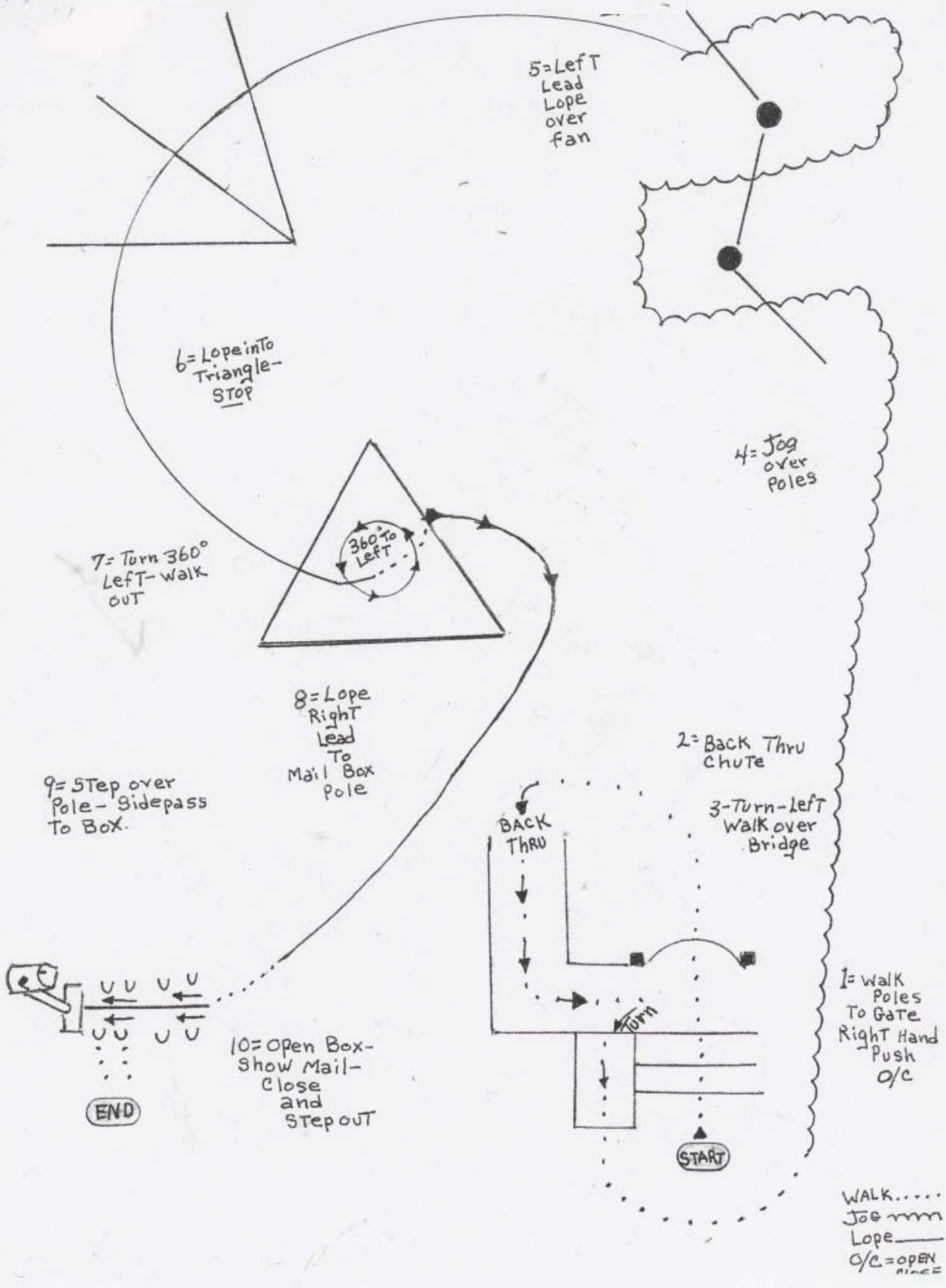CLASS **W38** WALK-JOG-LOPE **open**