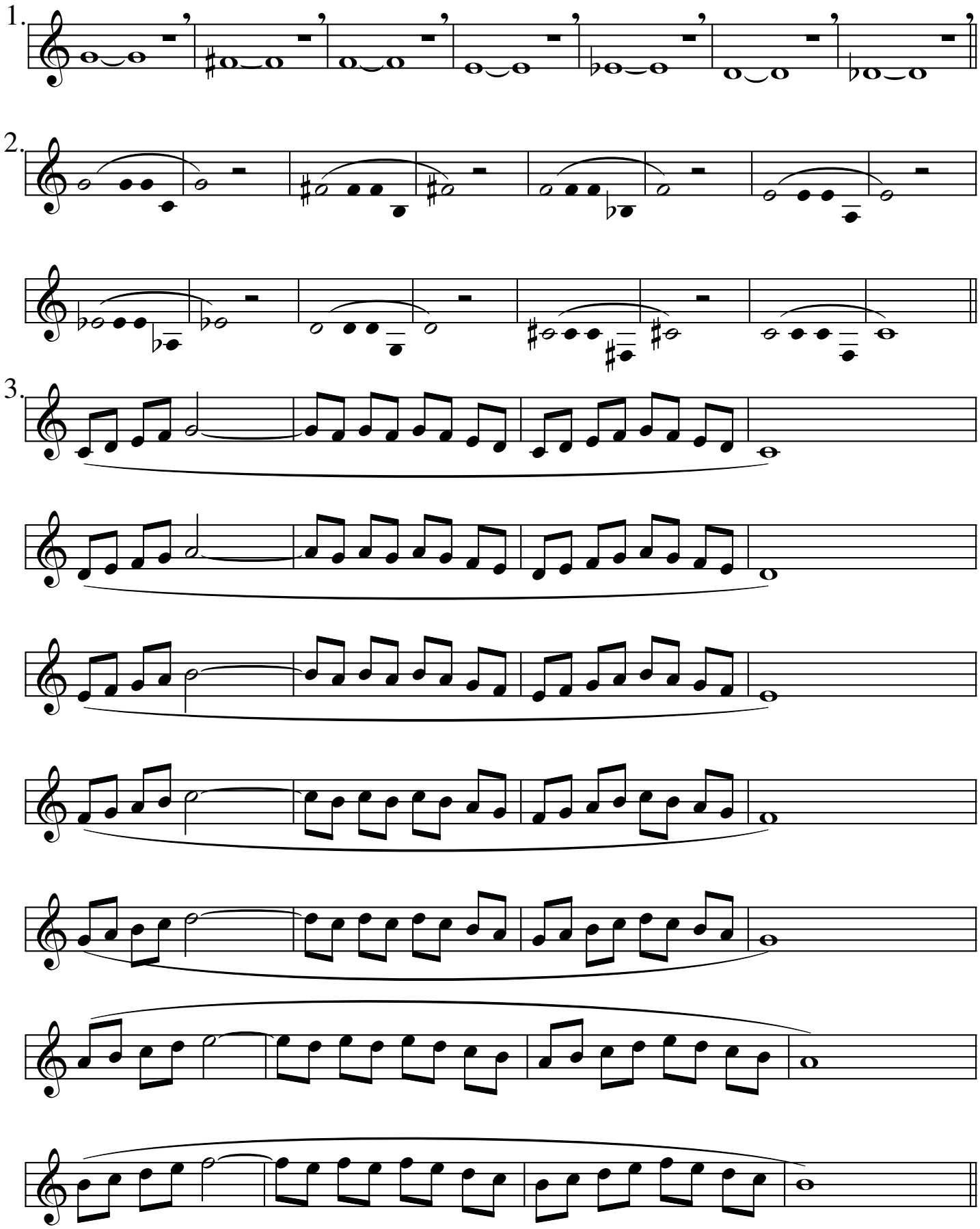Warm-up