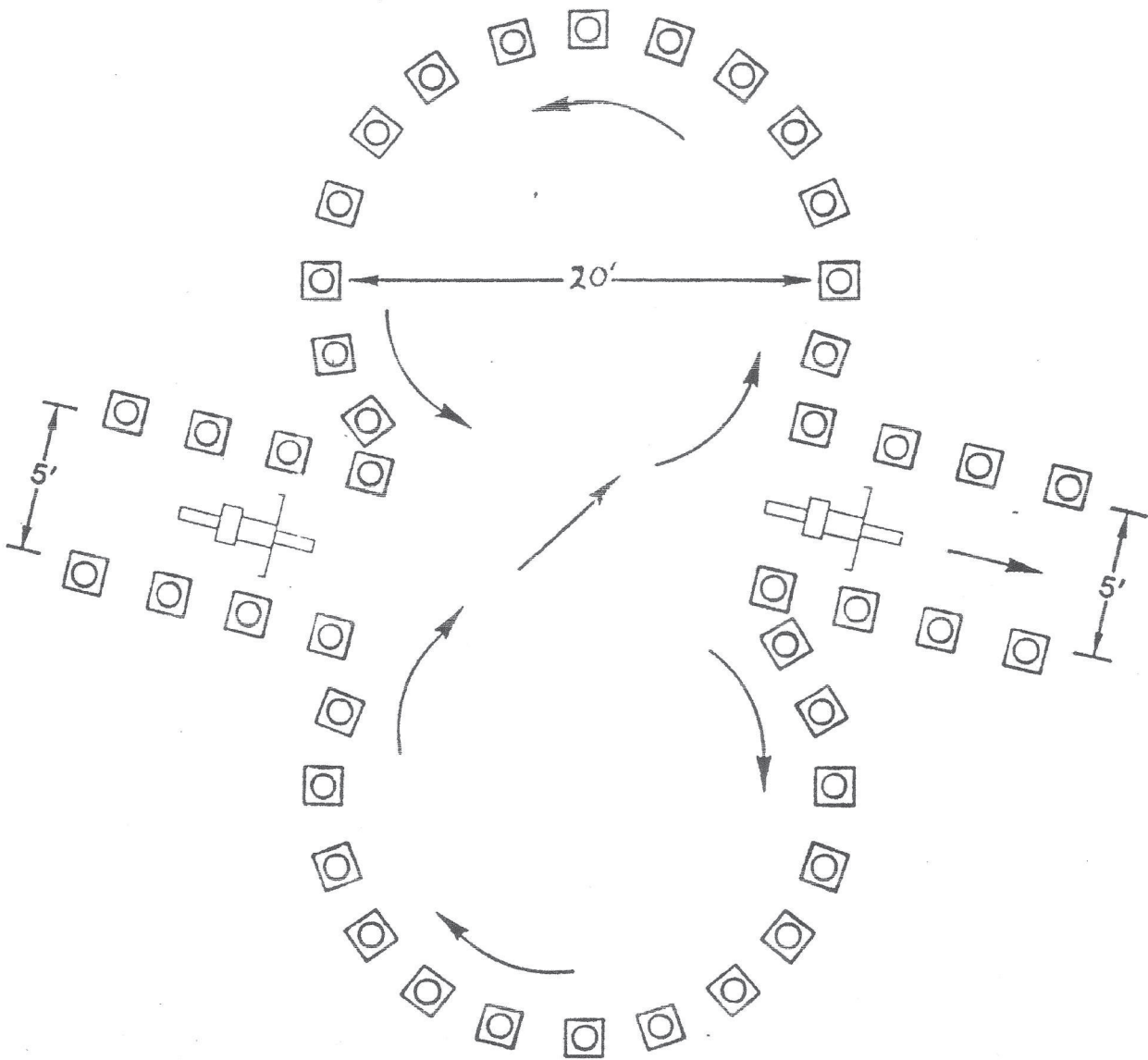


# DOUBLE 360° CONE PATTERN



This exercise can be performed in either direction.