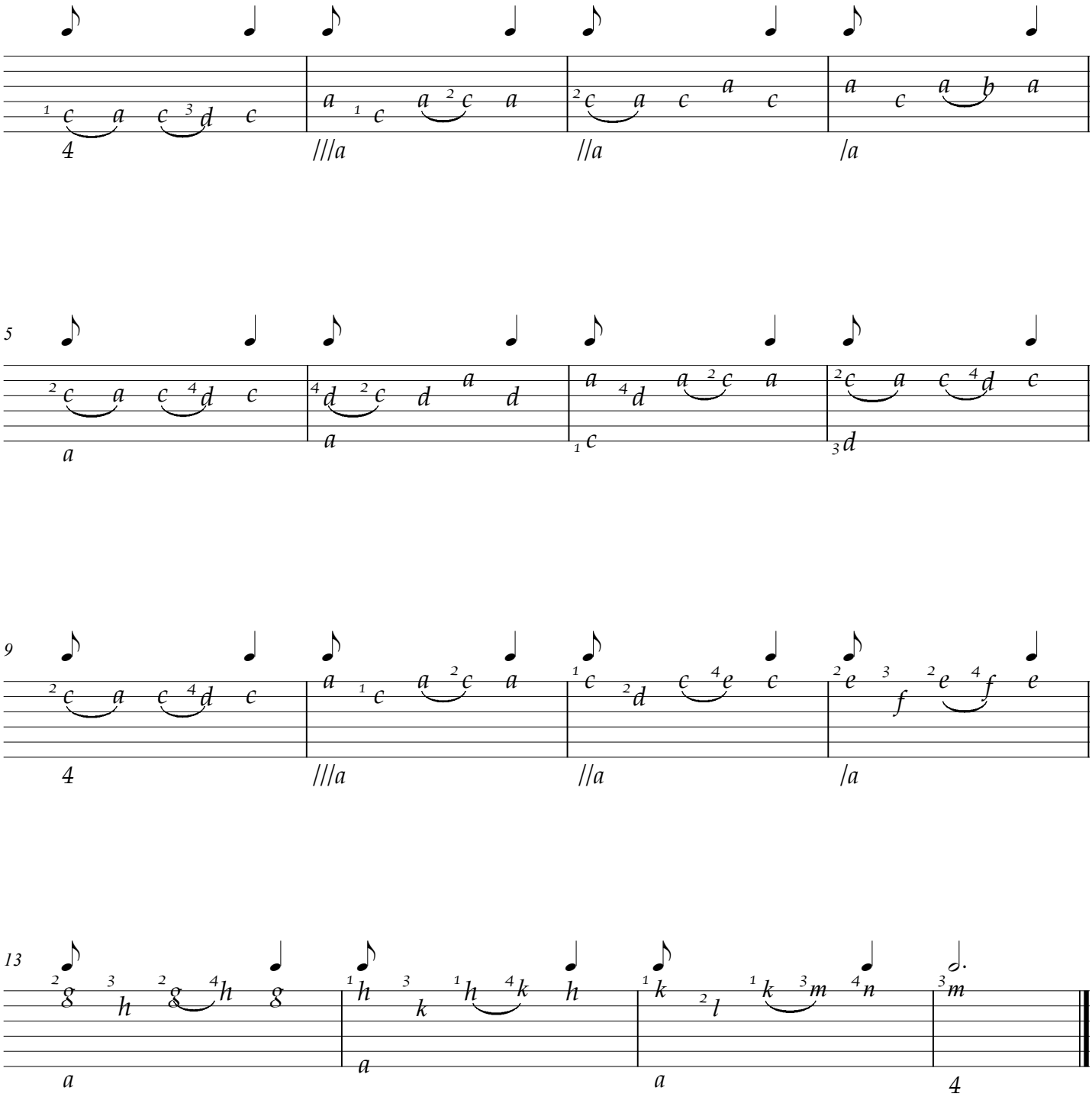C major scale exercise