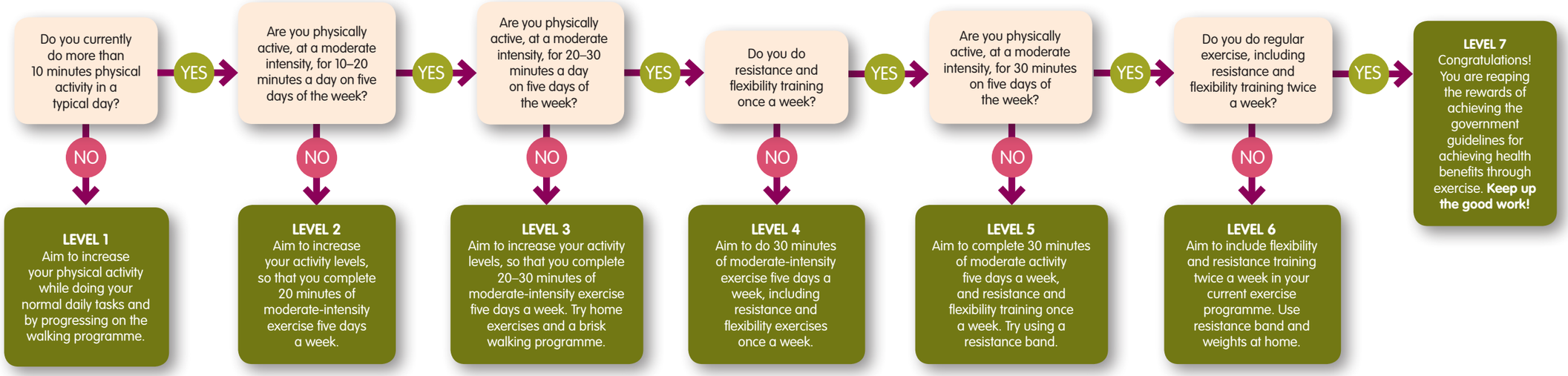Cambridge Active: **exercise flow chart**