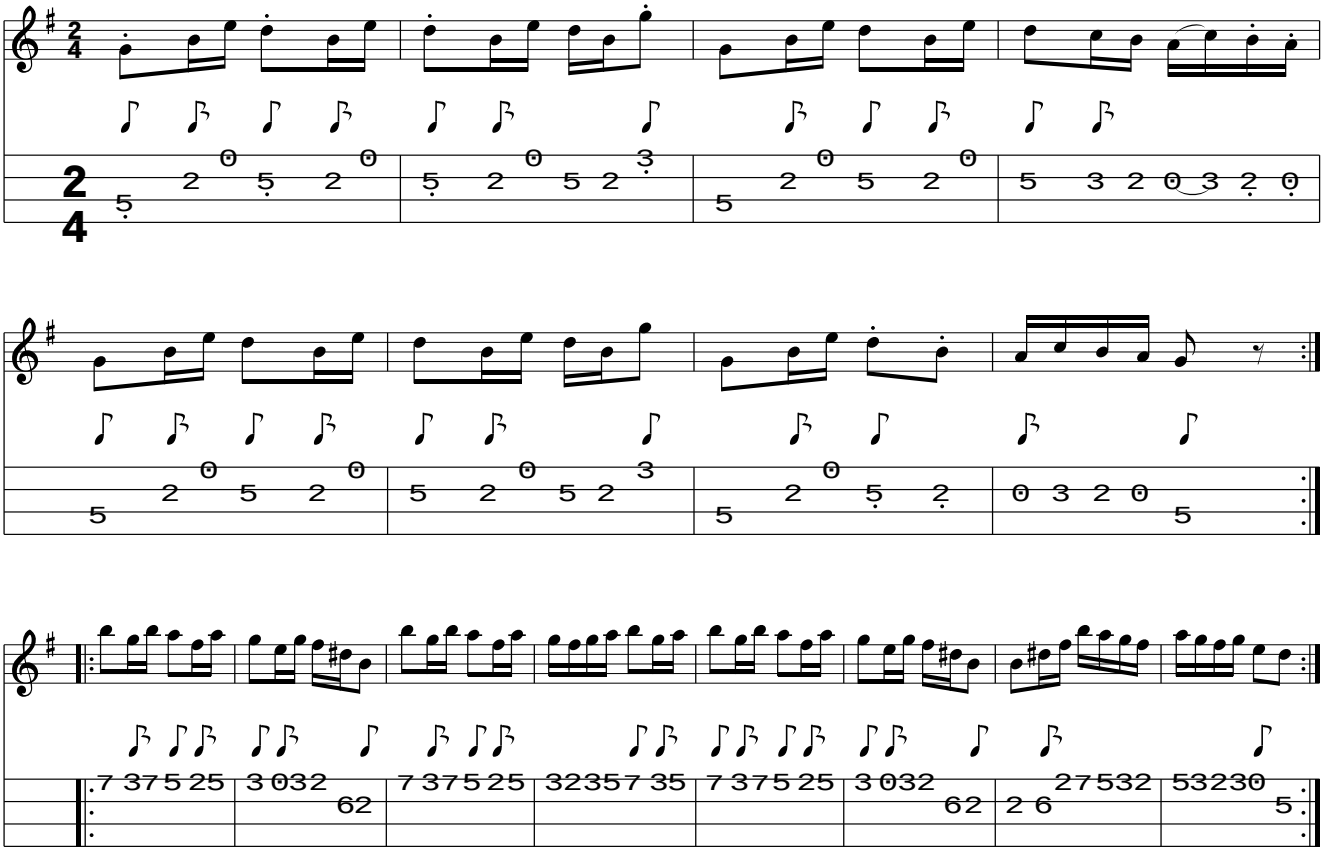
# Limber Up

*www.traditionalmusic.co.uk .*