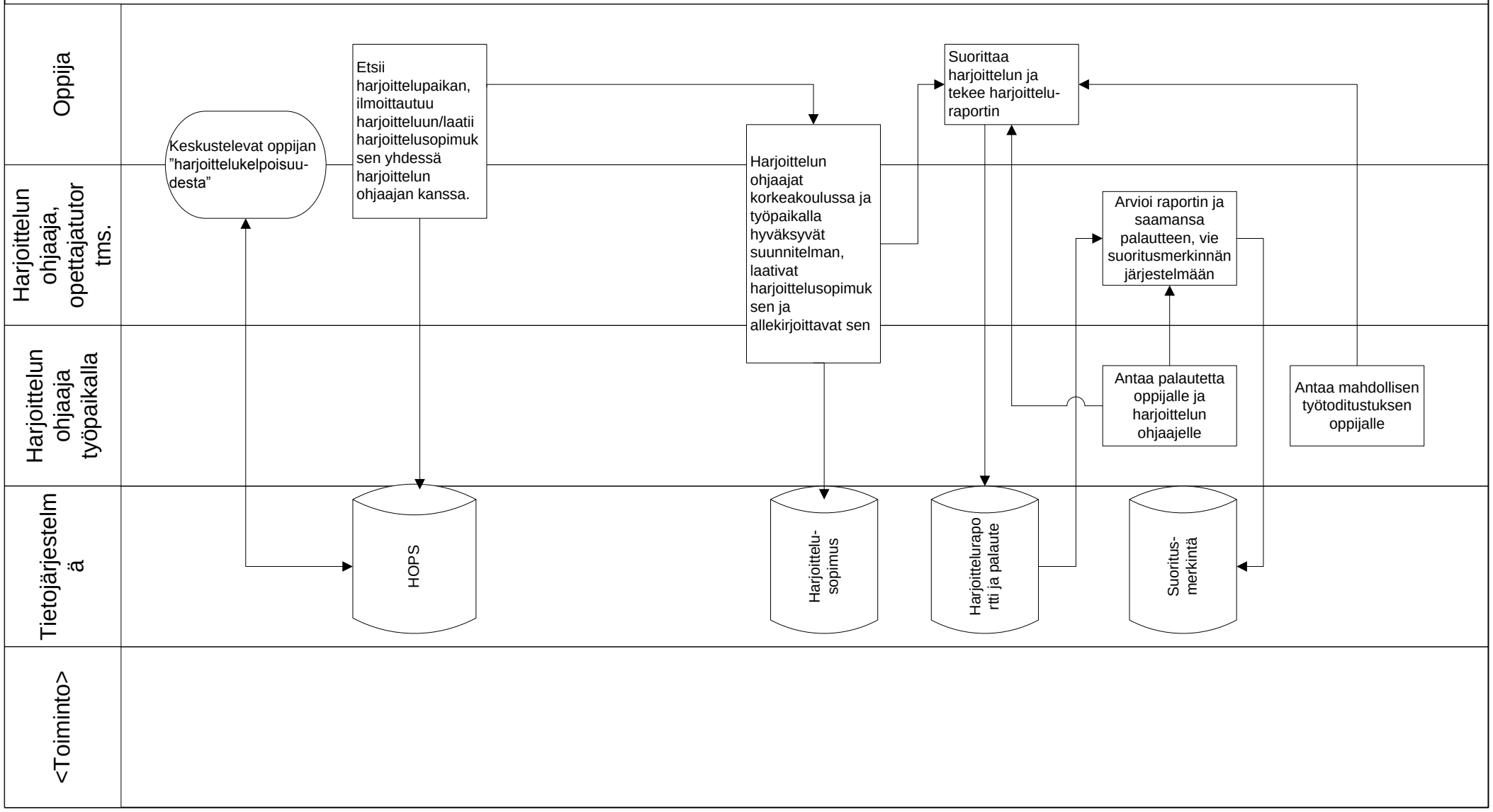Harjoittelun suorittaminen