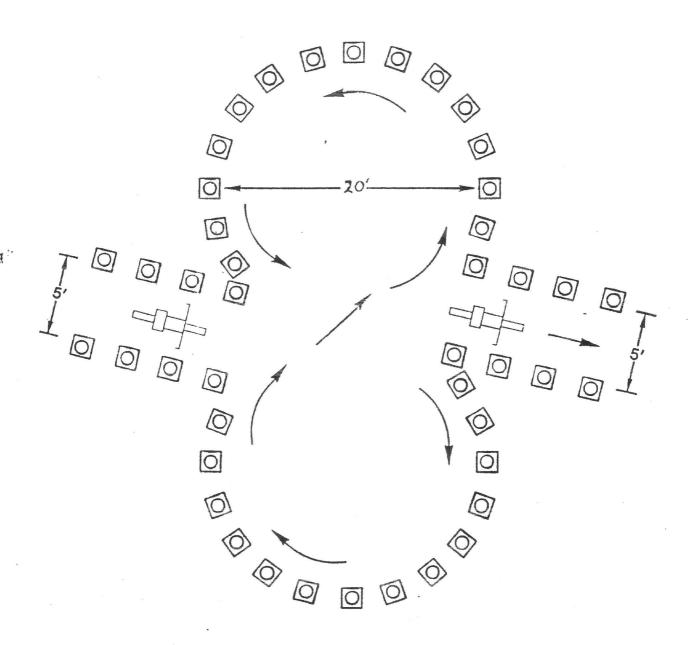
DOUBLE 360° CONE PATTERN



This excercise can be performed in either direction.