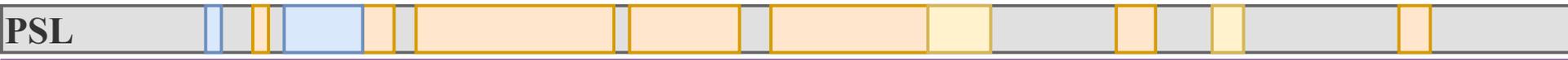


Query: The woman shows how to adjust exercise equipment then climbs on top and begins using it.



Query: The woman is seen sitting in front of various ingredients and mixing them together into a bowl.



B-M: Begin of Moment **I-M: Inside of Moment** **E-M: End of Moment** **O: Background**