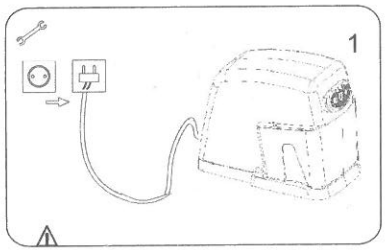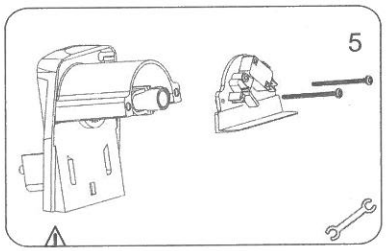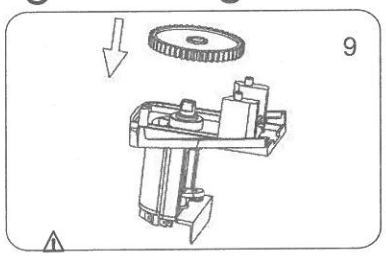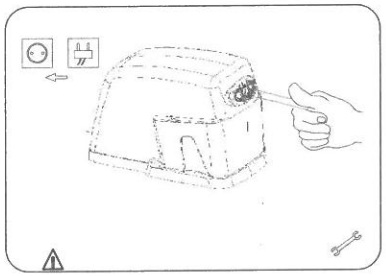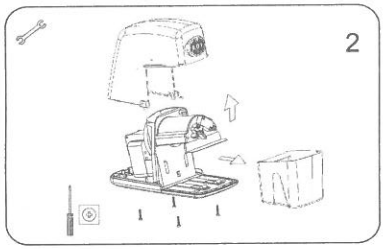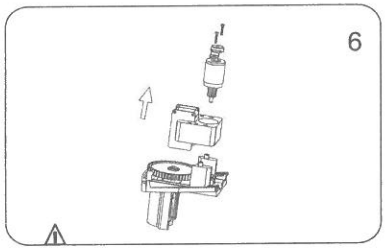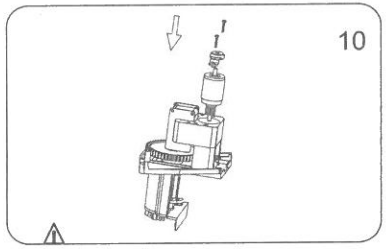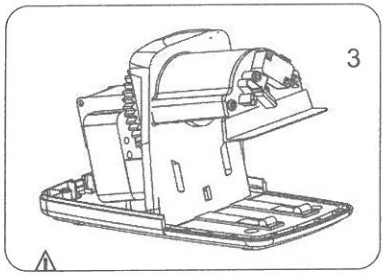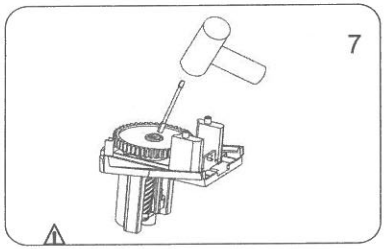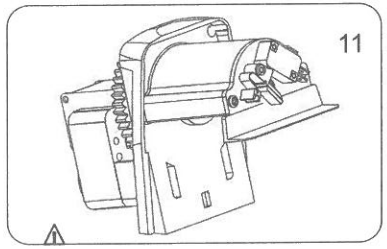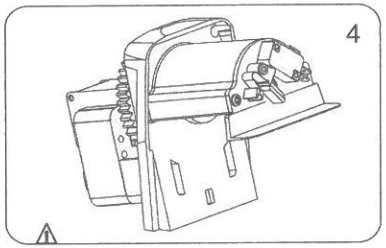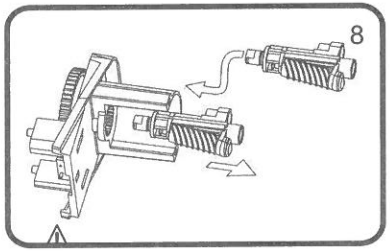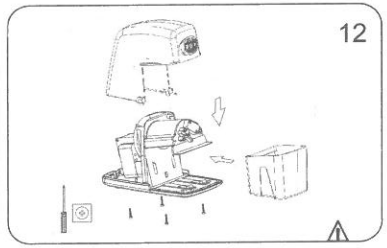Instructions of exchange cutting blade set