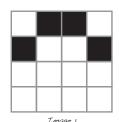
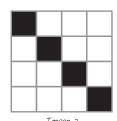
There are many options, here are the most efficient

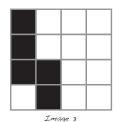
Teacher Key



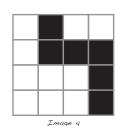
$$\rightarrow \mu \rightarrow \mu \rightarrow \mu \leftarrow \leftarrow \leftarrow \mu$$



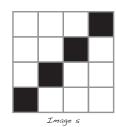
 $\mu \rightarrow \downarrow \mu \rightarrow \downarrow \mu \rightarrow \downarrow \mu$

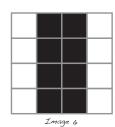


M + M + M -> M + M



 $\rightarrow h \downarrow h \rightarrow h \rightarrow h \downarrow h \downarrow h$





$$\rightarrow h \rightarrow h \downarrow h \leftarrow h \downarrow h \rightarrow h \downarrow h \leftarrow h$$