Training History –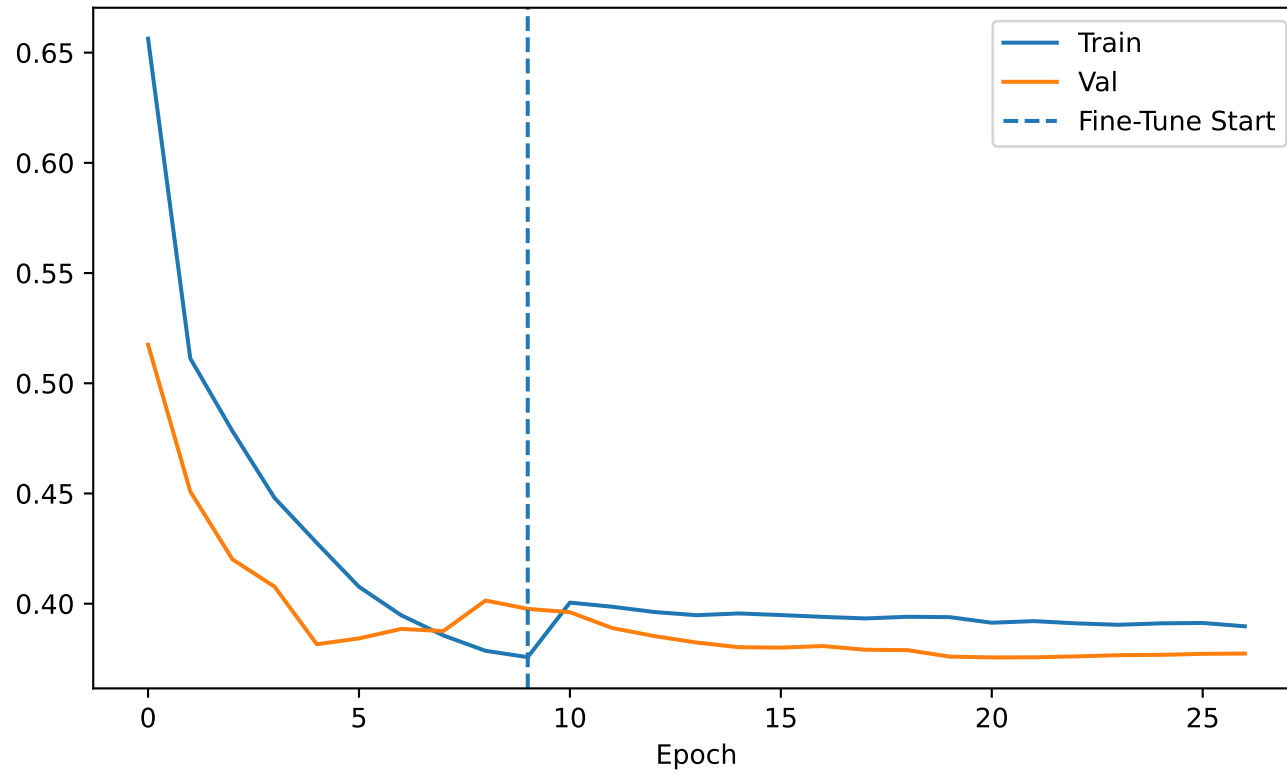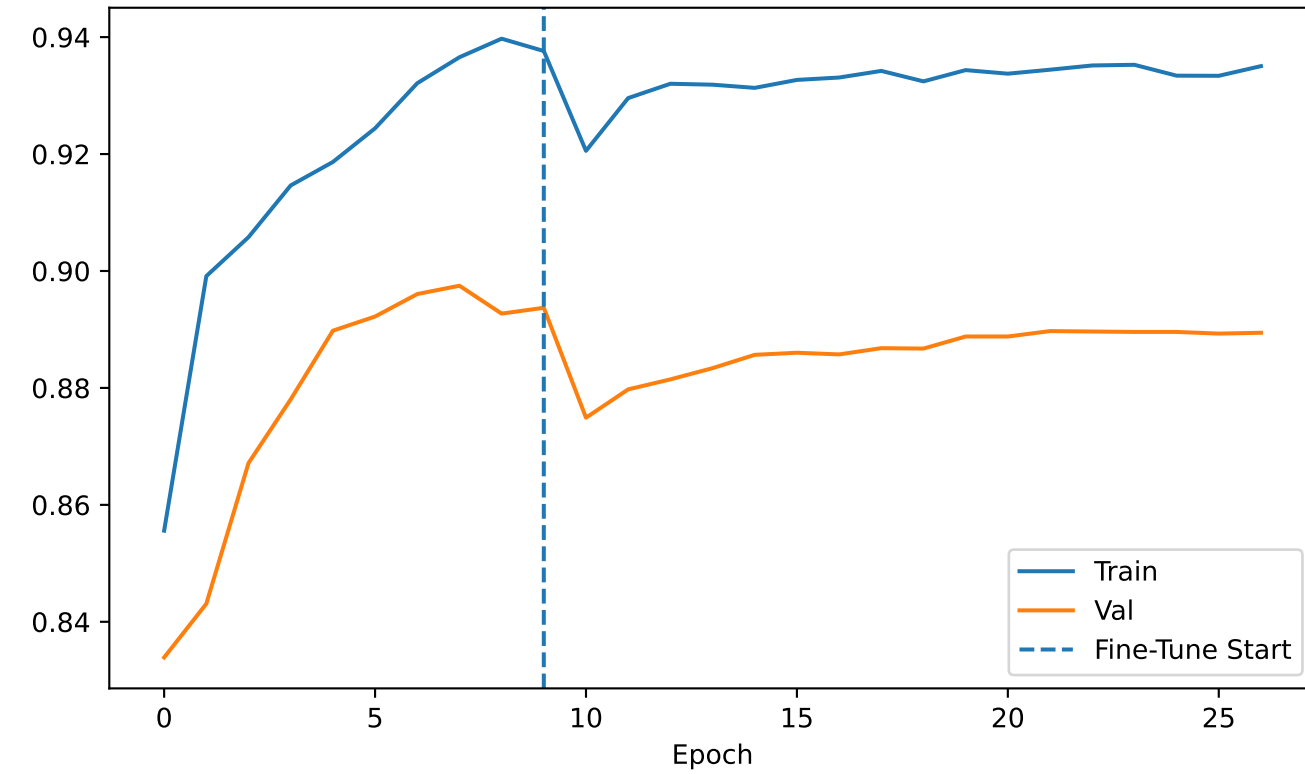 EFFV2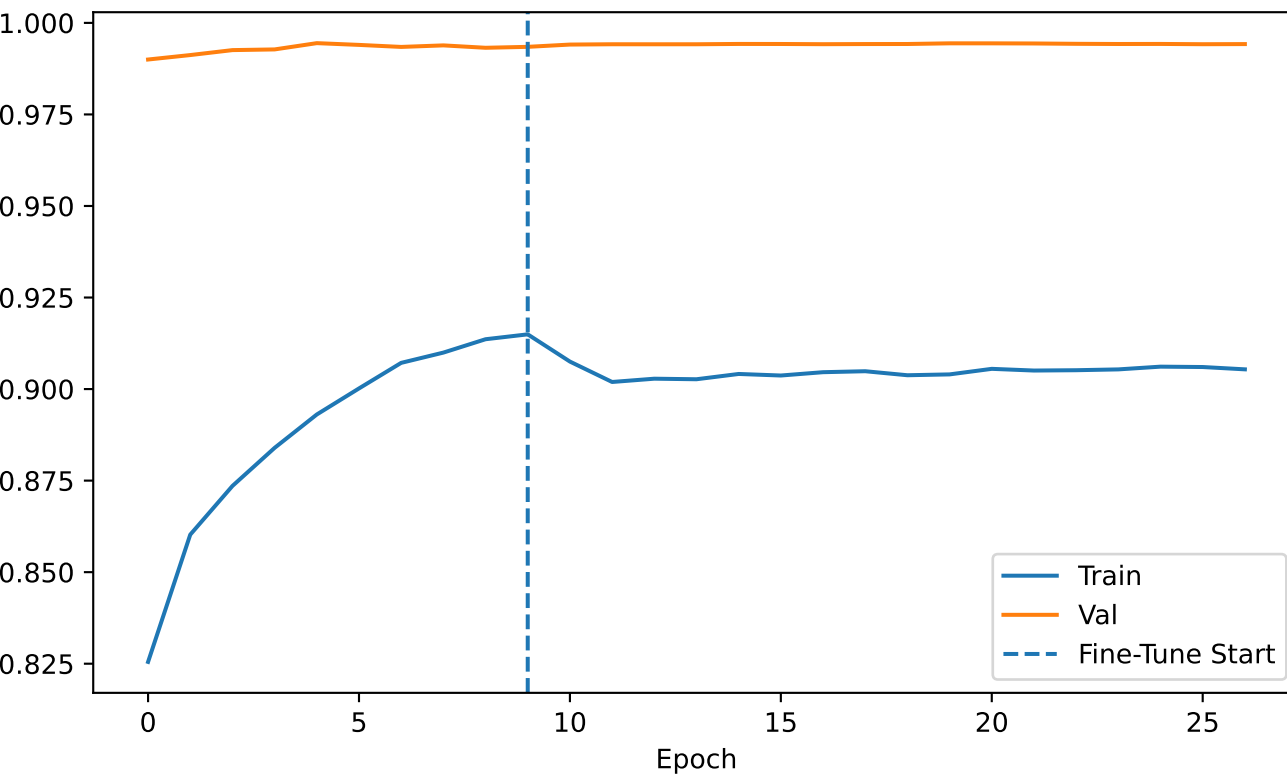S