Space trigger points X 600 600 ×× X ×× × 500 -XX 400 400 X × 250 200 XX 0 -XX X × × **-**250 --200 XXX ×× -500 -× -400 **−**750 **-**-600750 30 500 15 20 25 10 25 <del>-</del>750 -500 -250250 10 15 days days