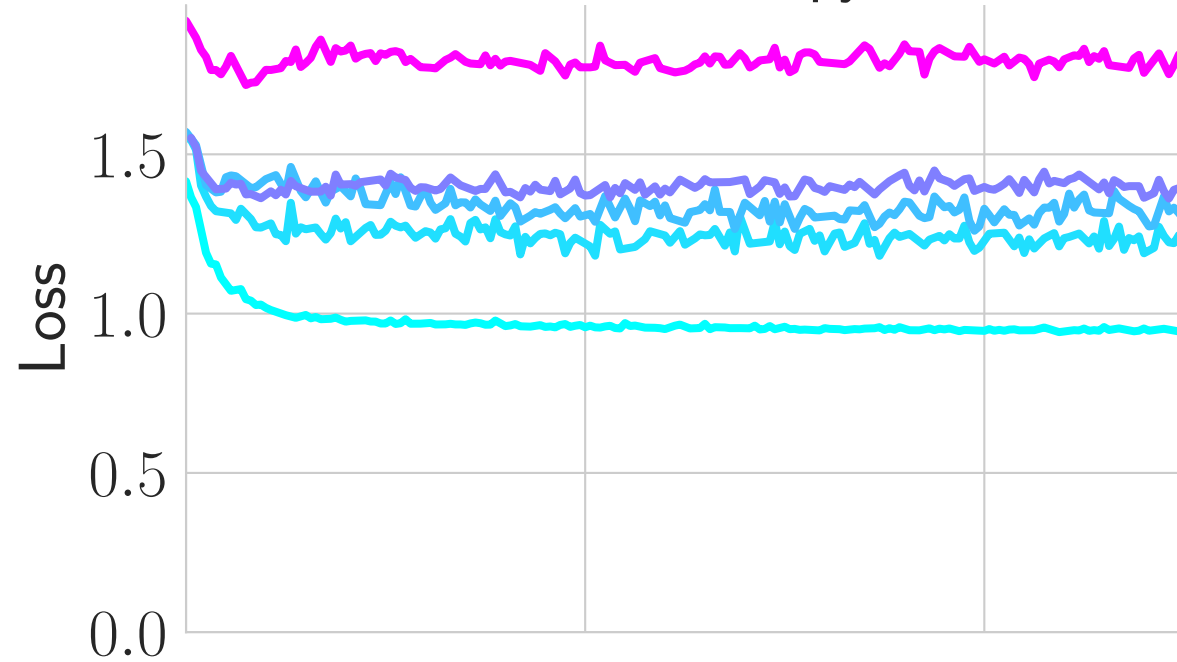Transfer Between VLM Training Checkpoints