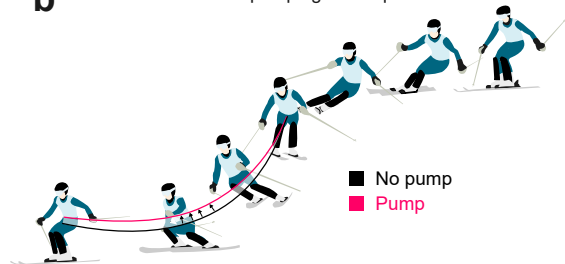
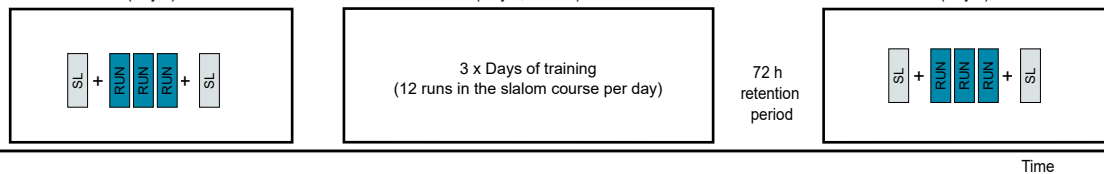


### **b** Illustration of the pumping technique



Baseline  
(Day 1)

Training sessions  
(Day 2,3 and 4)

Retention  
(Day 5)

**e** Course setup and local positioning setup

