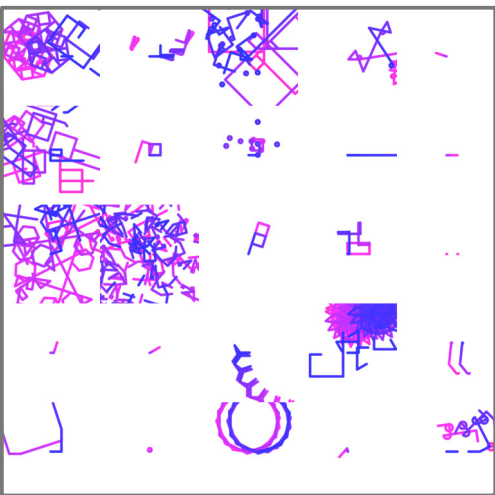
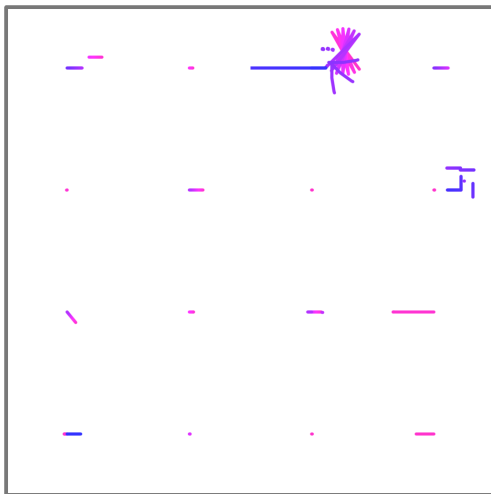
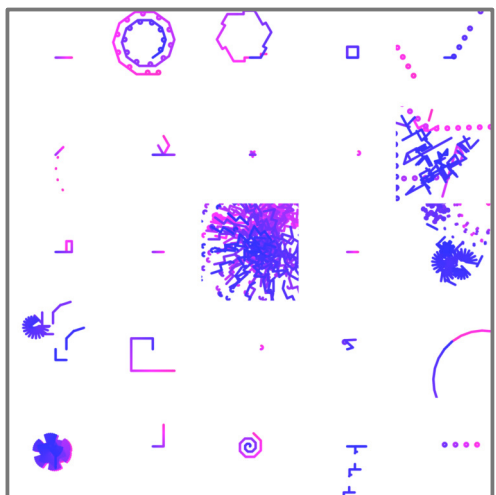


Before training



Plateau 5 minutes



Plateau 2 hours