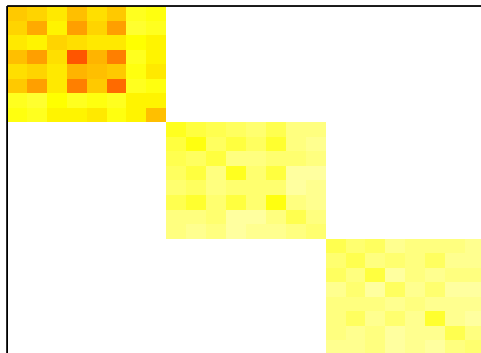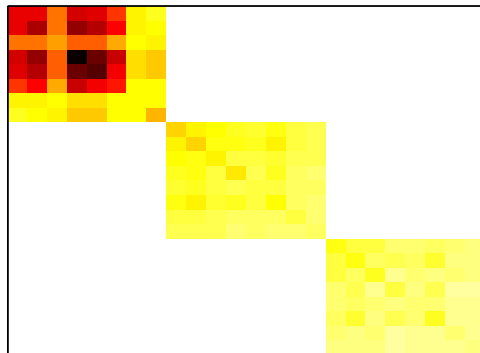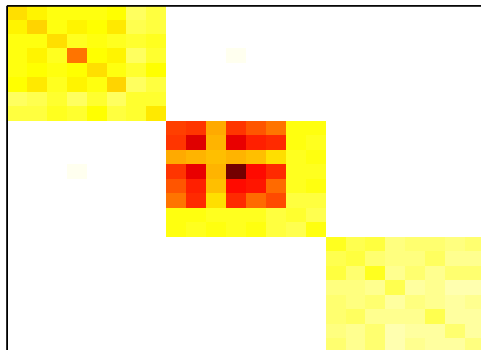Resting class   13 Hz class

21 Hz class   17 Hz class