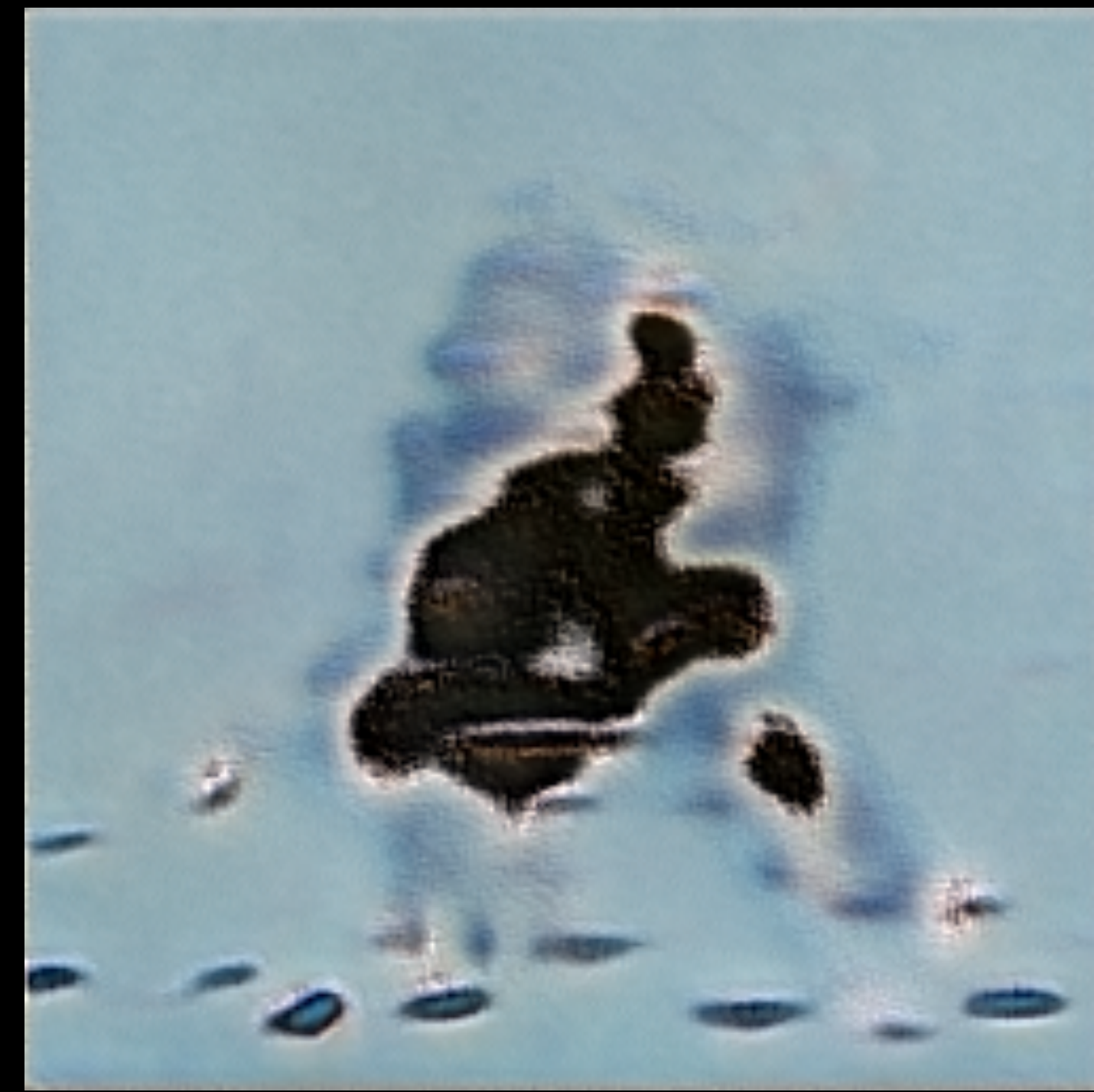


Results after 3 hours of training





Results after 6 hours of training