



FIG. 3: (Color online) A portion of the magnetization hysteresis ($M - H$) loop at 2.5 K (black line and symbols) with arrows marking the field sweep directions. The red diamond symbols corresponds to the magnetization values for the various metastable states accessed via the FCTS protocol (see text for details). The inset shows a color scale contour plot for the evolution of magnetization values from the field cooled state for various temperature shakes.