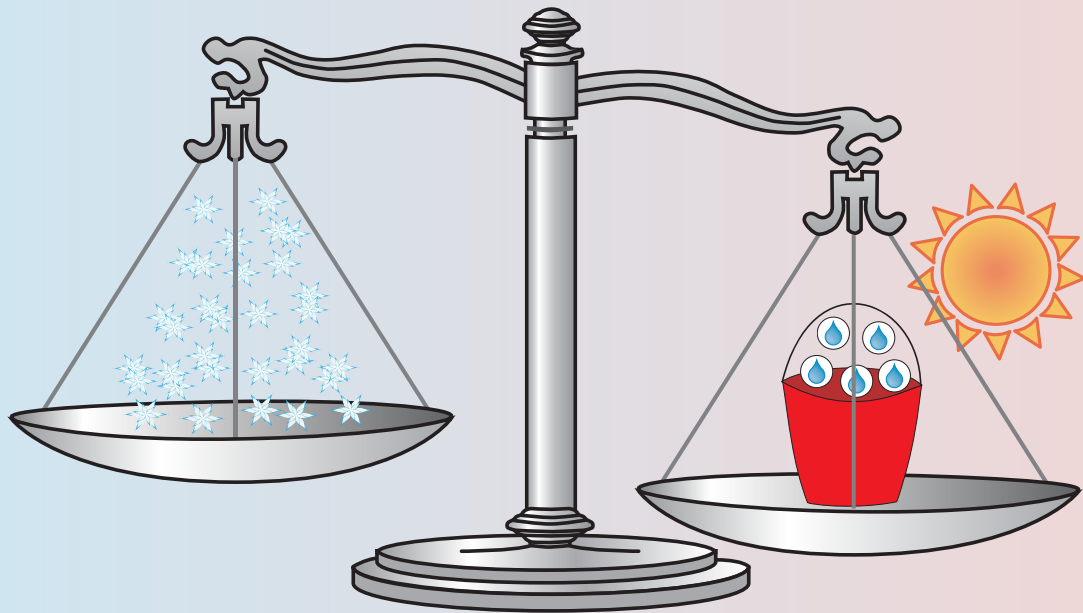


mass gain

+

mass loss

-



advance  
positiv

retreat  
negativ