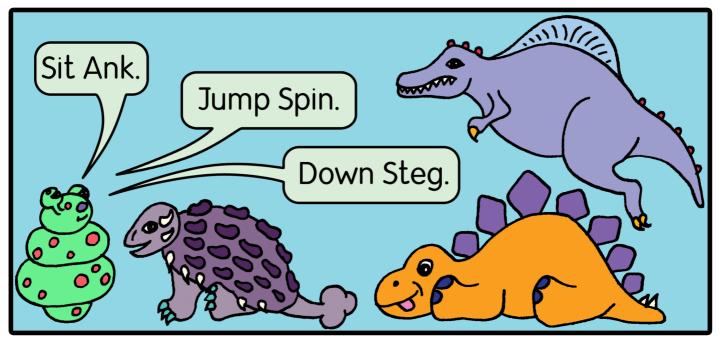
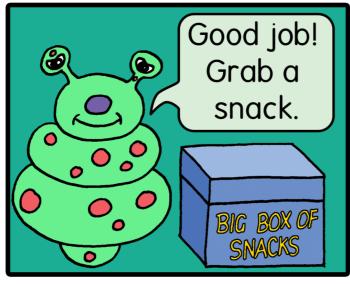
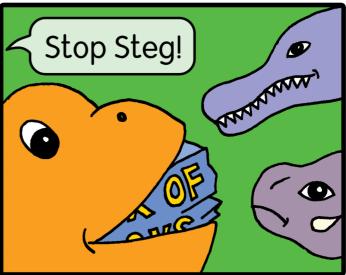
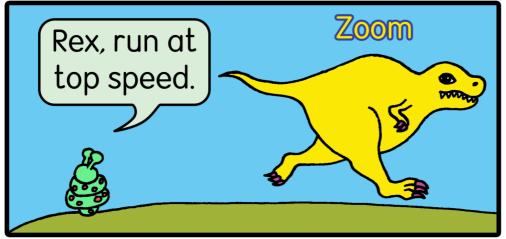
## Training

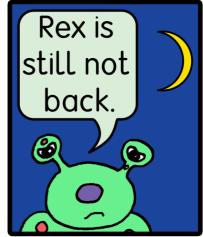




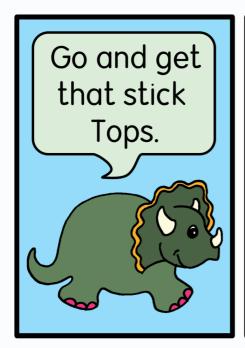


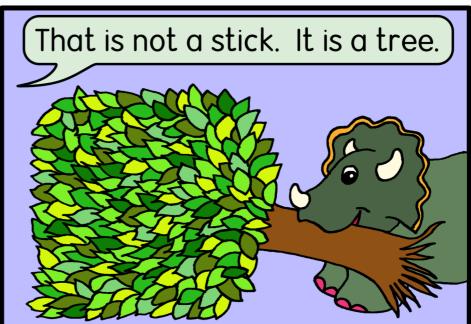


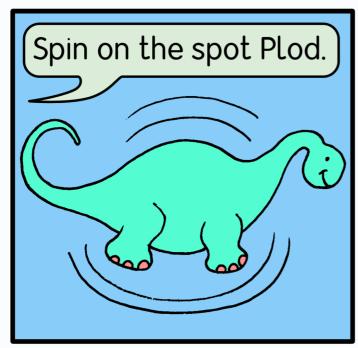


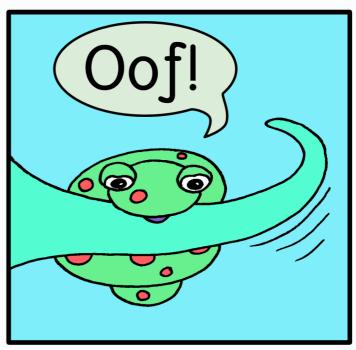


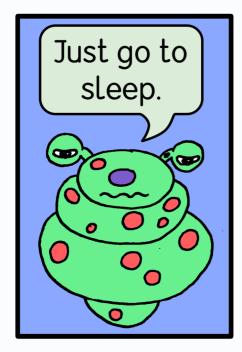
Page 1 Training (Dinos - Phase 3/4 - Week 3)

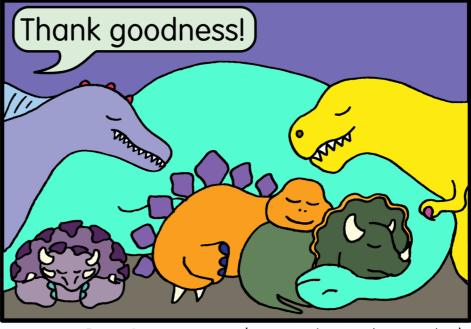












Page 2 Training (Dinos - Phase 3/4 - Week 3)