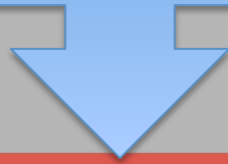


# Preparation

"Preparation For Heavy Physical Stress"



# Max Load

"Heavy Physical Stress"



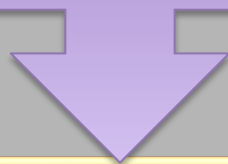
# Breakdown

"Damage"



# Regeneration

"Recovery & Repair"



# Adaptation

"Achieved Goal"