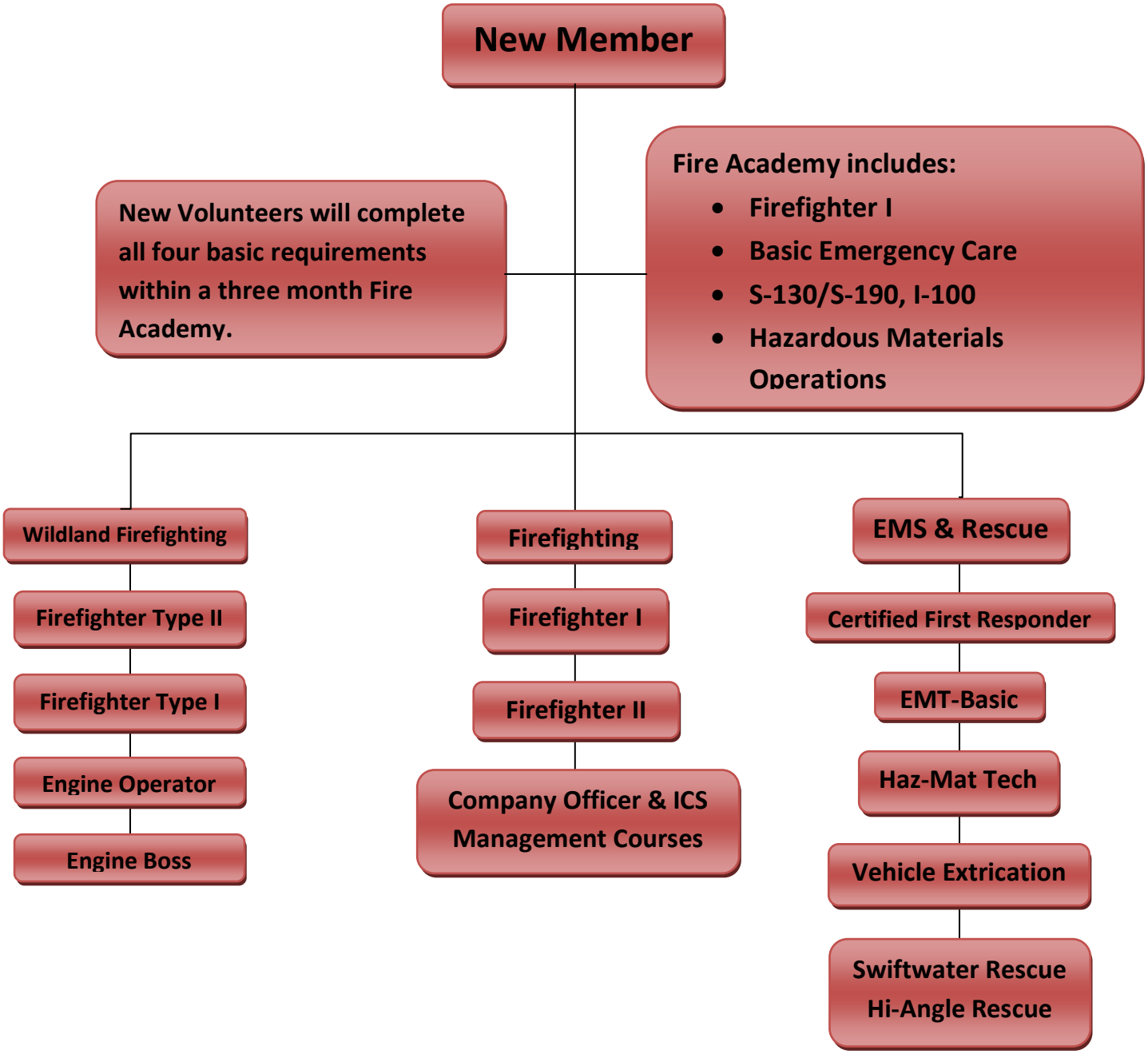Training Progression Ladder