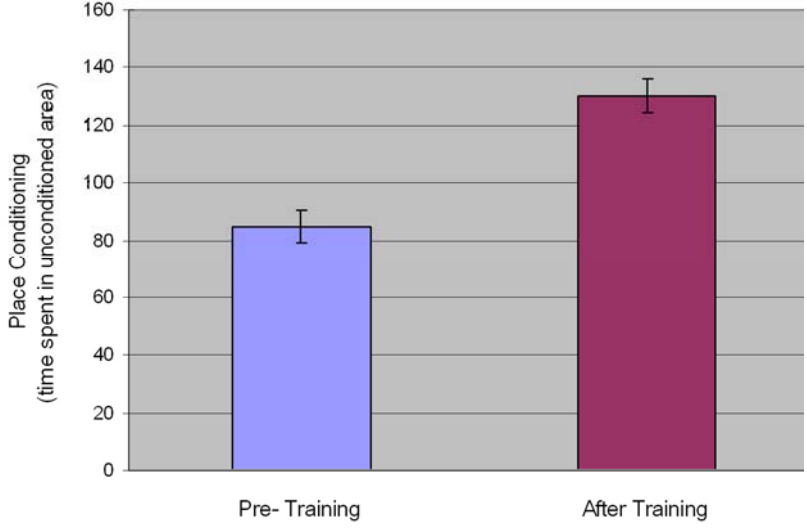
Place Conditioning
(time spent in unconditioned area)
160
140
120
100
80
60
40
20
0
Pre- Training
After Training