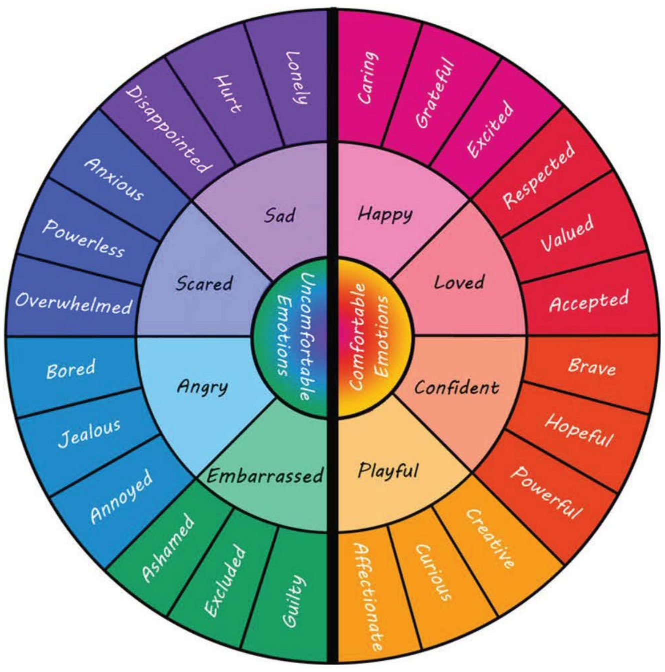
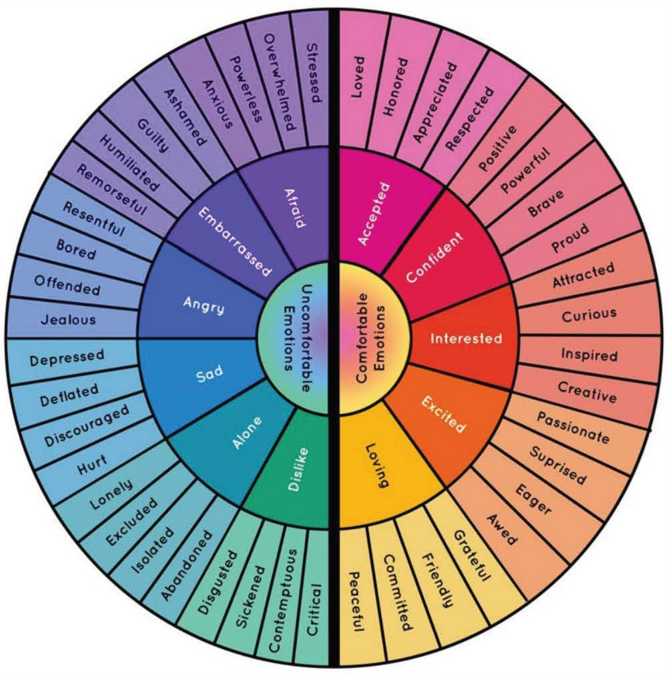
Level 1

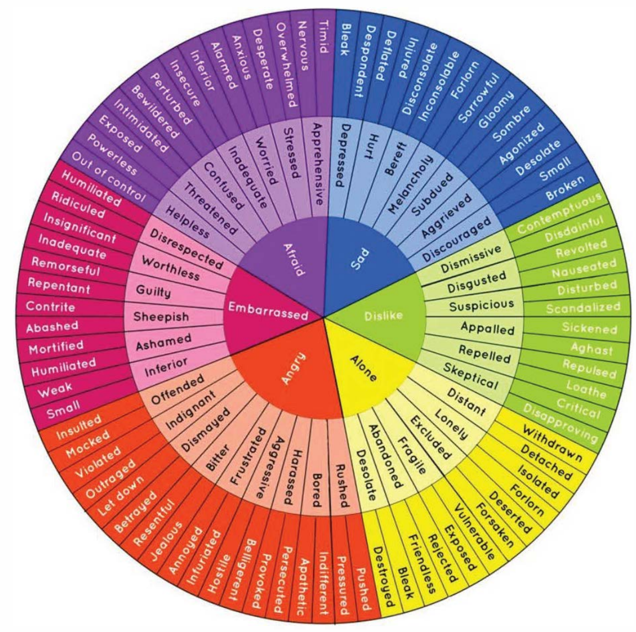
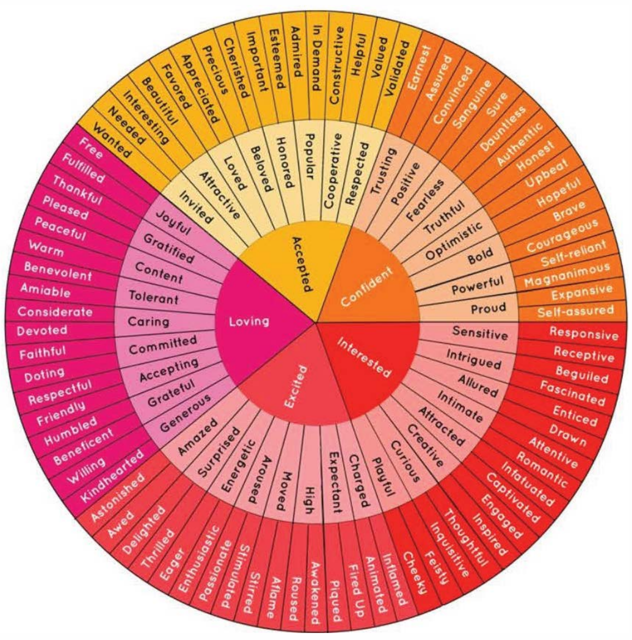


Level 2



Level 3

Uncomfortable



Comfortable