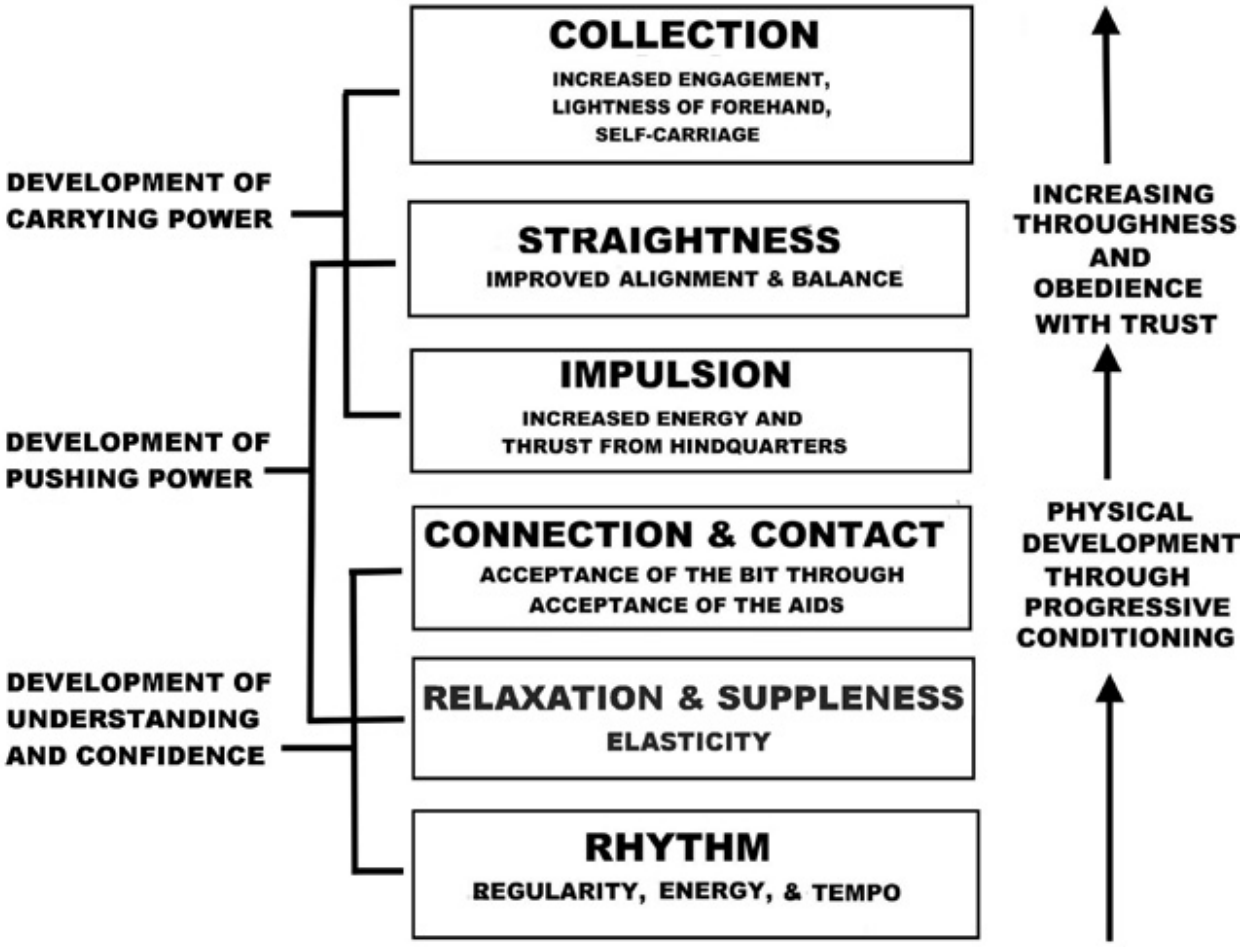The Training Scale