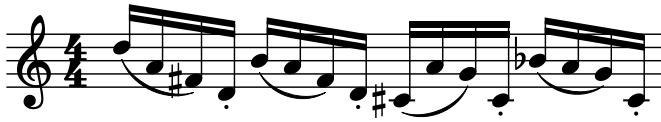
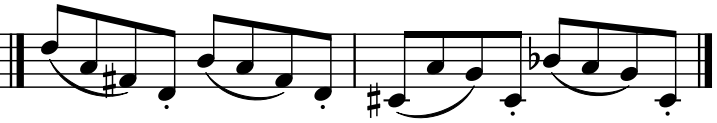
Slow-Fast Mix

"Mix it"

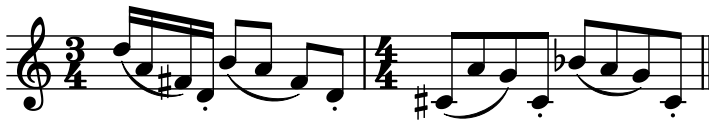
TARGET:



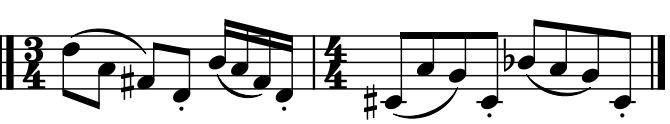
Starting Point:



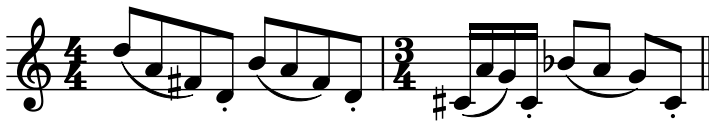
One Fast (1st):



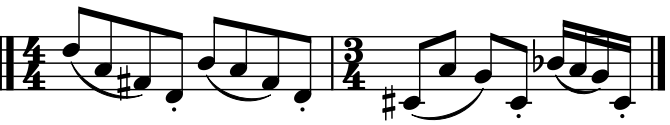
One Fast (2nd):



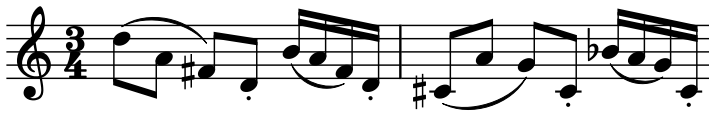
One Fast (3rd):



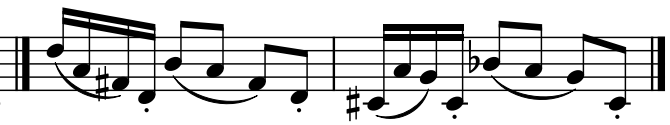
One Fast (4th):



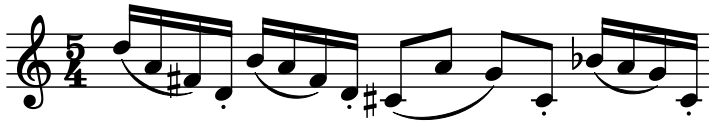
Slow-Fast:



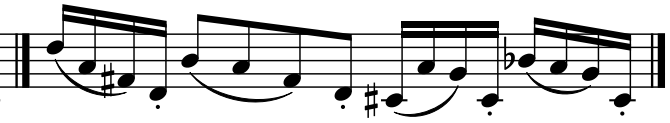
Fast-Slow:



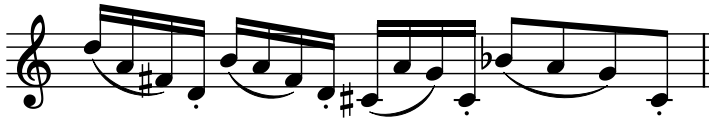
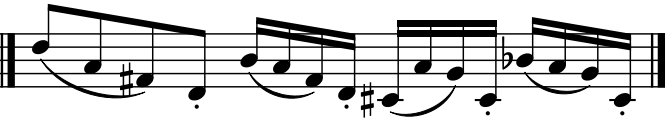
One Slow (3rd):



One Slow (2nd):



One Slow (4th):



One Slow (1st):