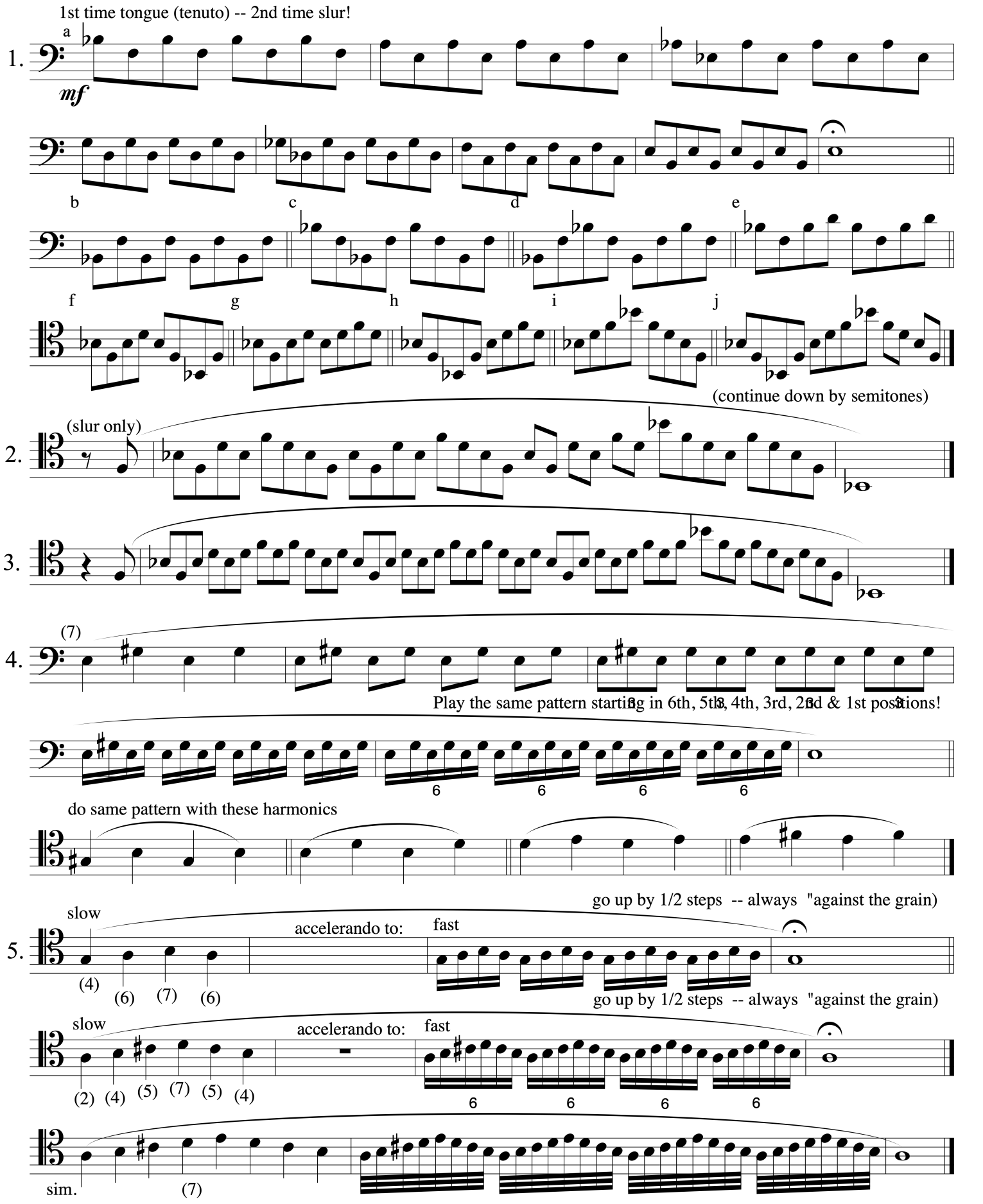
Supplementary Flexibility Studies

use the Tempo Chart on all but last two lines