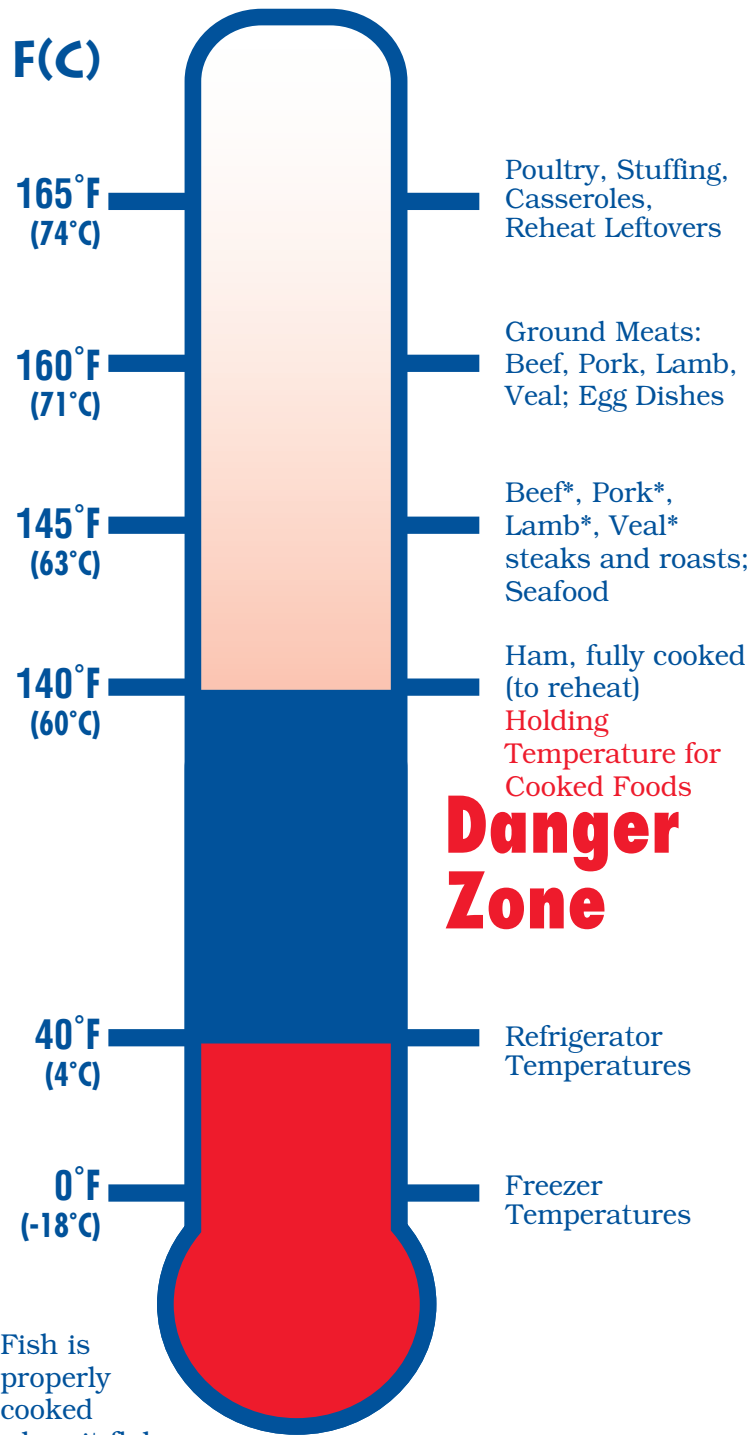


Apply the Heat Chart



* With a 3 minute rest time.