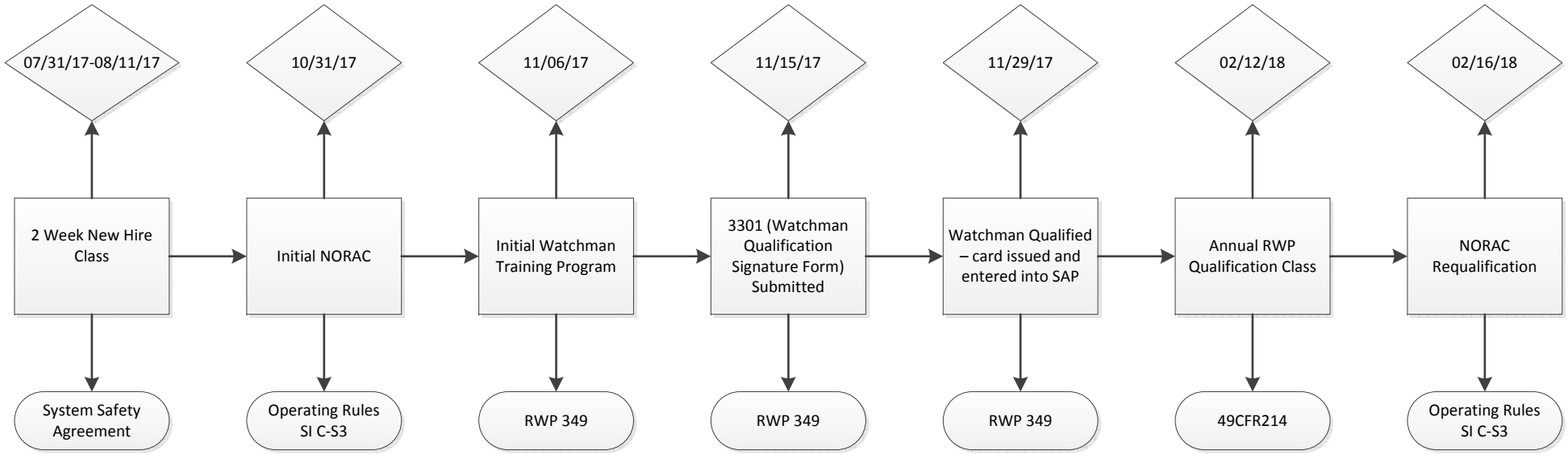Luke Gsell Training History [redacted]