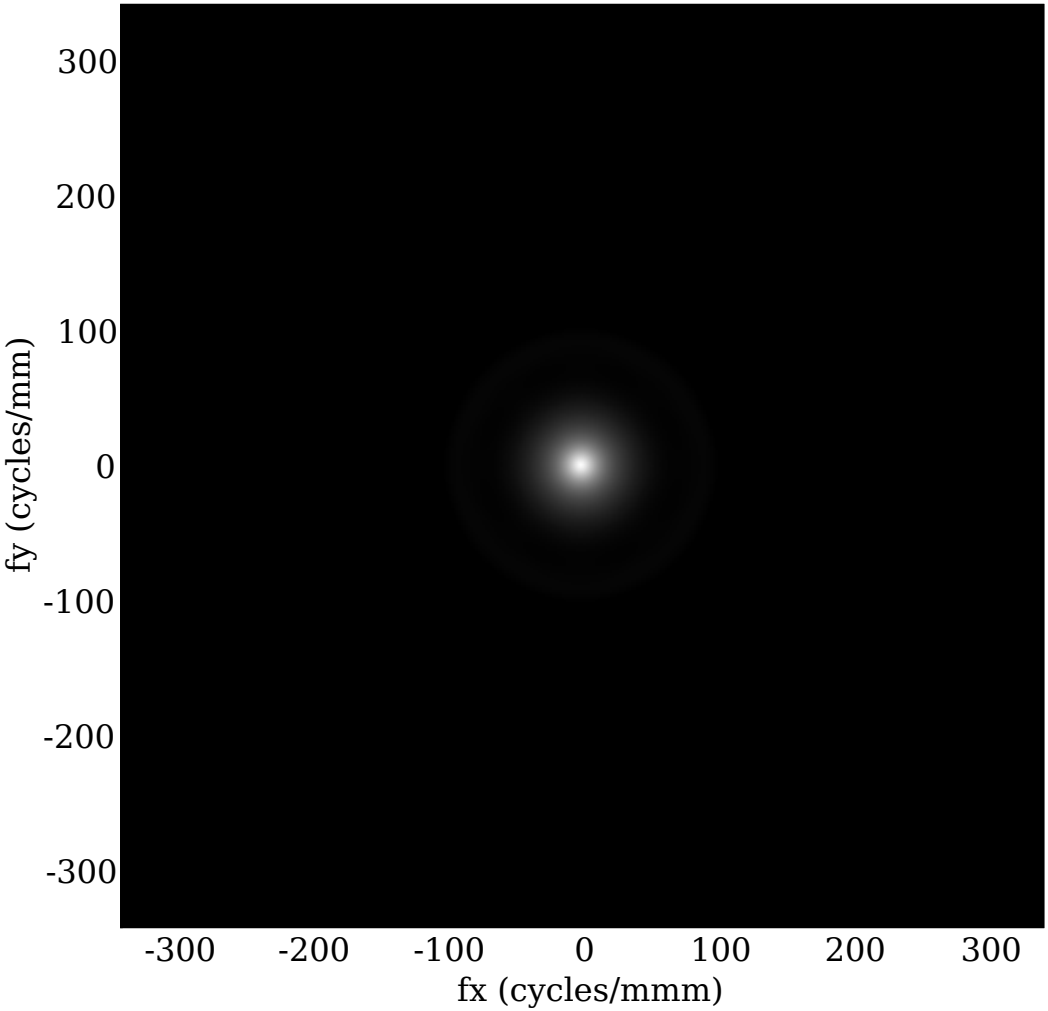
300
200
100
0
-100
-200
-300
fy (cycles/mm)
-300
-200
-100
0
100
200
300
fx (cycles/mmm)