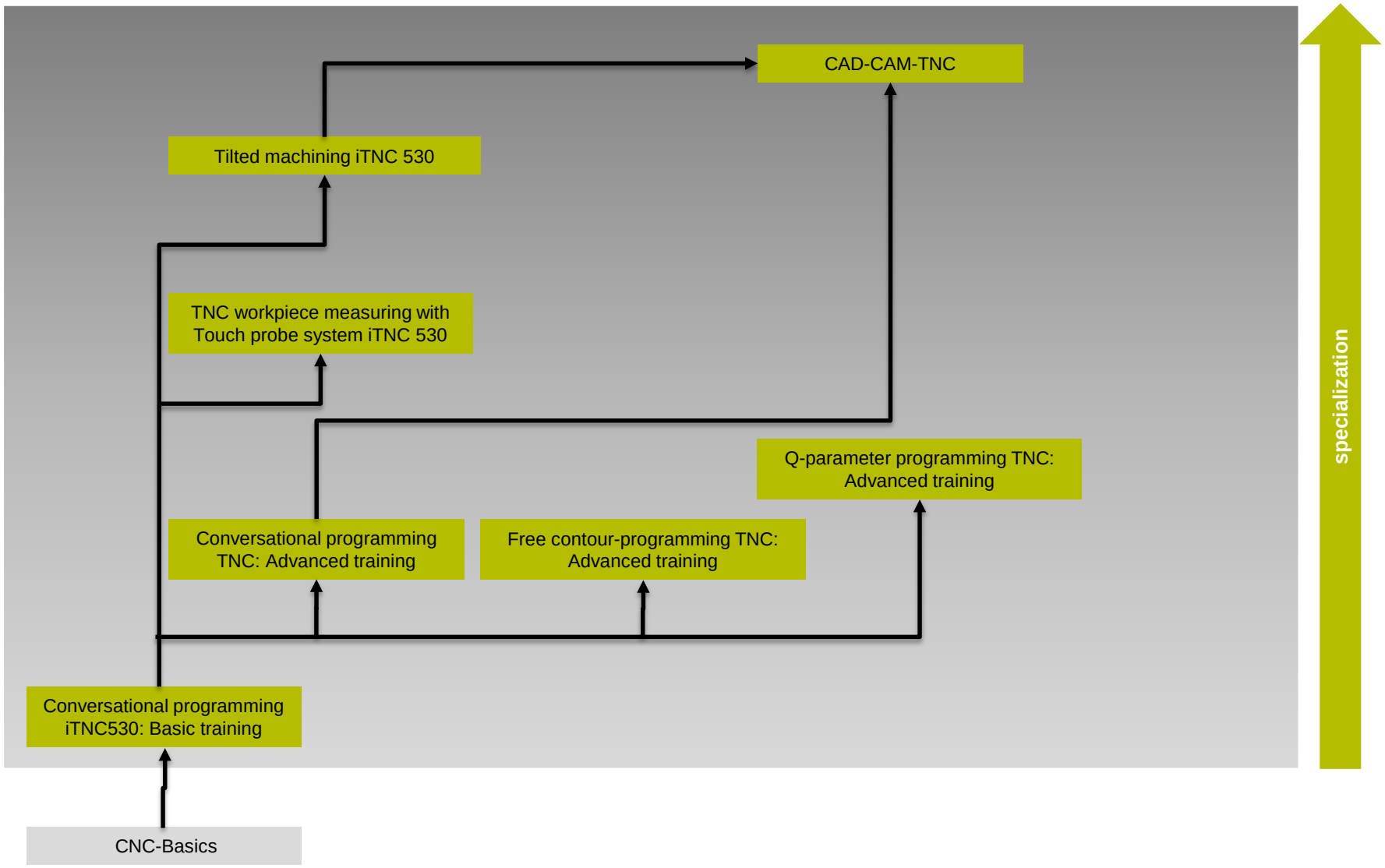iTNC 530 – Trainings guide