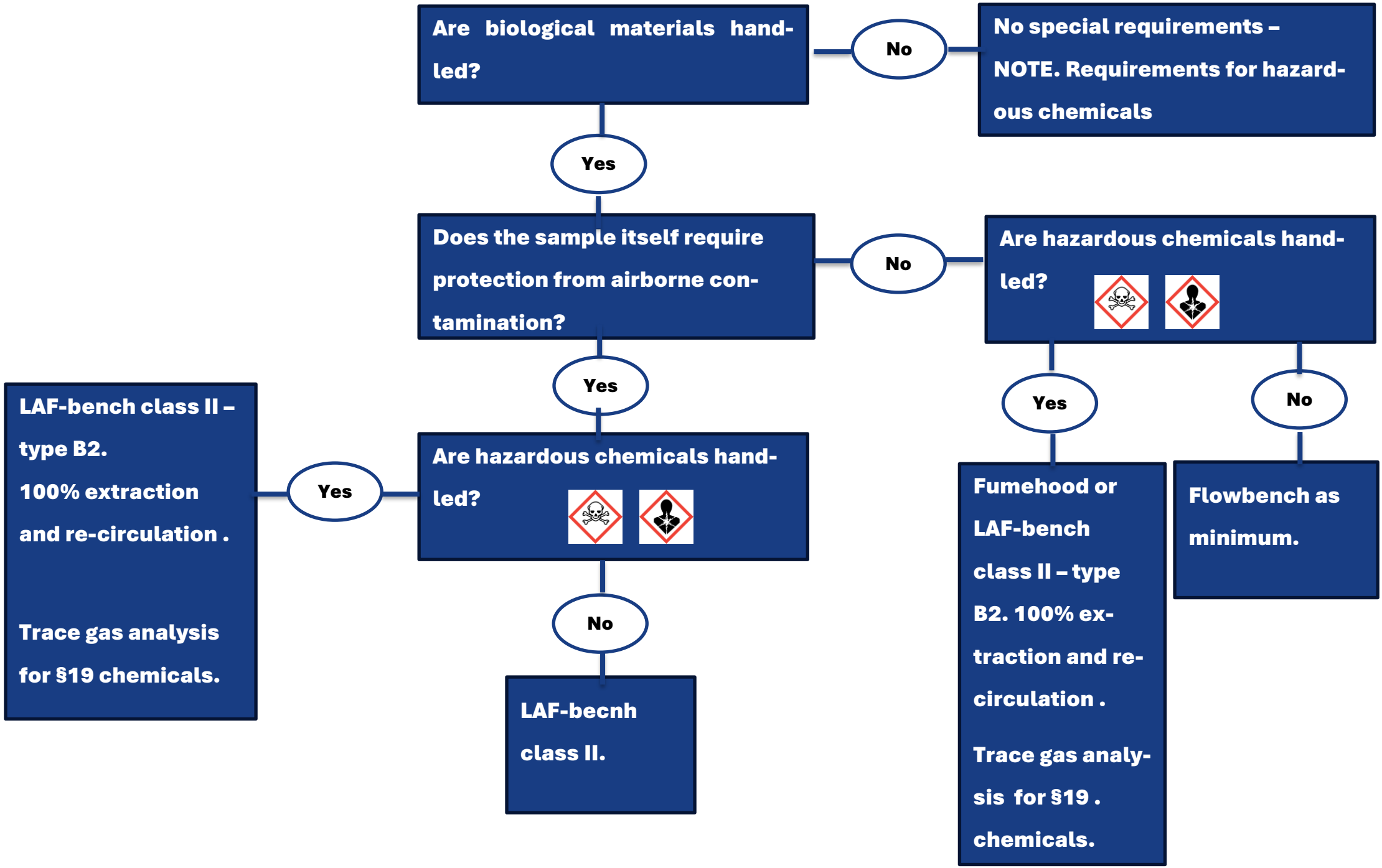Flow chart – Choosing the correct Flow or LAF bench