**Recessive Load**

- \[ R^2 = 0.70, \ P < 0.001 \]

**Additive Load**

- \[ R^2 = 0.20, \ P < 0.001 \]

---

**Demography**

<table>
<thead>
<tr>
<th>Core</th>
<th>before shift</th>
<th>after shift</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Fitness**

- 0.2, 0.4, 0.6, 0.8, 1.0

---

**Load**

- Recessive: 0.2, 0.4, 0.6, 0.8, 1.0
- Additive: 1800, 2000, 2200, 2400

---

**Recessive Load Distribution**

- Core: Green
- before shift: Orange
- after shift: Blue

**Additive Load Distribution**

- Core: Green
- before shift: Orange
- after shift: Blue