

TRACKING TABLE

BEGINNER

WEEK 1-3 (21min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	3			X				X
DOUBLE JOIN	3			X		X	X	X
PUSH-UP	3			X	X		X	X
POWER SIDE	3			X	X	X		X
TOTAL ROUND	3			X	X	X	X	X
MIDDLE PUSH	3			X		X	X	
SQUEEZE-ON	3			X	X	X	X	X
SIDE SLIDE	3	X	X	X				X
HI-POWER	X	X	X	X	X	X	X	X
TOTAL-POWER	X	X	X	X	X	X	X	X
FINGER PRESS	3	X	X	X				X
SQUEEZE TURN	3	X	X	X				X
JOIN HANDS	3	X	X	X				X
SQUEEZE HANDS	3	X	X	X	X			X

WEEK 4-7 (28min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	4			X				X
DOUBLE JOIN	4			X	X	X	X	X
PUSH-UP	4			X	X	X	X	X
POWER SIDE	4			X	X	X	X	X
TOTAL ROUND	4			X			X	X
MIDDLE PUSH	4			X	X	X		X
SQUEEZE-ON	4		X	X	X	X		X
SIDE SLIDE	4	X		X			X	X
HI-POWER	4			X				X
TOTAL-POWER	X	X	X	X	X	X	X	X
FINGER PRESS	4	x	X	X				X
SQUEEZE TURN	4	X	X	X				X
JOIN HANDS	4	X	X	X				X
SQUEEZE HANDS	4	X	X	X				X