

TRACKING TABLE

Completed treatment 22-24 weeks (28 min)

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	2			X				X
DOUBLE JOIN	2			X				X
PUSH-UP	2			X				X
POWER SIDE	2			X				X
TOTAL ROUND	2			X				X
MIDDLE PUSH	2			X				X
SQUEEZE-ON	2			X				X
SIDE SLIDE	2			X				X
HI-POWER	2			X				X
TOTAL POWER	2			X				X
FINGER PRESS	2			X				X
SQUEEZE TURN	2			X				X
JOIN HANDS	2			X				X
SQUEEZE HANDS	2			X				X