

TRACKING TABLE

ADVANCED

WEEK 15-17 (42min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	6			X				
DOUBLE JOIN	6			X	X			
PUSH-UP	6			X	X	X		
POWER SIDE	6			X	X	X	X	
TOTAL ROUND	6			X	X	X	X	
MIDDLE PUSH	6			X	X	X	X	
SQUEEZE-ON	6			X	X	X	X	
SIDE SLIDE	6	X	X	X		X	X	
HI-POWER	6	X	X	X			X	
TOTAL POWER	6	X	X	X				
FINGER PRESS	6	X	X	X			X	
SQUEEZE TURN	6	X	X	X				
JOIN HANDS	6	X	X	X	X			
SQUEEZE HANDS	6	X	X	X		X		

WEEK 18-21 (48min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	6			X				
DOUBLE JOIN	6		X	X			X	
PUSH-UP	6		X	X	X	X		
POWER SIDE	6			X	X	X		
TOTAL ROUND	6			X	X	X	X	
MIDDLE PUSH	6			X	X		X	
SQUEEZE-ON	6			X	X		X	
SIDE SLIDE	6			X	X		X	
HI-POWER	6	X		X				
TOTAL POWER	6	X		X				
FINGER PRESS	6	X	X	X		X		
SQUEEZE TURN	6	X	X	X		X		
JOIN HANDS	6	X	X	X			X	
SQUEEZE HANDS	6	X	X	X		X		