

TRACKING TABLE

MEDIUM

WEEK 8-10 (32min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	4			X				X
DOUBLE JOIN	4			X	X			X
PUSH-UP	4			X	X			X
POWER SIDE	4			X	X	X		X
TOTAL ROUND	4			X	X	X	X	X
MIDDLE PUSH	4			X	X	X	X	X
SQUEEZE-ON	4		X	X	X	X	X	X
SIDE SLIDE	4	X		X		X	X	X
HI-POWER	4			X				X
TOTAL-POWER	4	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	X
SQUEEZE HANDS	4	X	X	X		X		

WEEK 11-14 (35 min)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WARM-UP	5			X				X
DOUBLE JOIN	5			X	X	X	X	X
PUSH-UP	5			X	X	X	X	X
POWER SIDE	5			X	X	X	X	X
TOTAL ROUND	5			X	X	X	X	X
MIDDLE PUSH	5	X	X	X	X	X	X	X
SQUEEZE-ON	5	X	X	X	X	X	X	X
SIDE SLIDE	5			X	X			X
HI-POWER	5			X				X
TOTAL-POWER	5	X	X	X				X
FINGER PRESS	5	X	X	X				X
SQUEEZE TURN	5	X	X	X				X
JOIN HANDS	5	X	X	X		X		X
SQUEEZE HANDS	5	X	X	X			X	X