

|   | Start | Week 2 | Week 4 | Week 6 |
|---|-------|--------|--------|--------|
| Endurance:<br>seconds                         |       |        |        |        |
| Endurance:<br>how many times<br>you fit do am |       |        |        |        |
| Dem Fast<br>squeeze                           |       |        |        |        |
| Relaxation                                    |       |        |        |        |
| Position                                      |       |        |        |        |

|   | Week 8 | Week 10 | Week 12 | Week 14 |
|---|--------|---------|---------|---------|
| Endurance:<br>seconds                         |        |         |         |         |
| Endurance:<br>how many times<br>you fit do am |        |         |         |         |
| Dem Fast<br>squeeze                           |        |         |         |         |
| Relaxation                                    |        |         |         |         |
| Position                                      |        |         |         |         |

