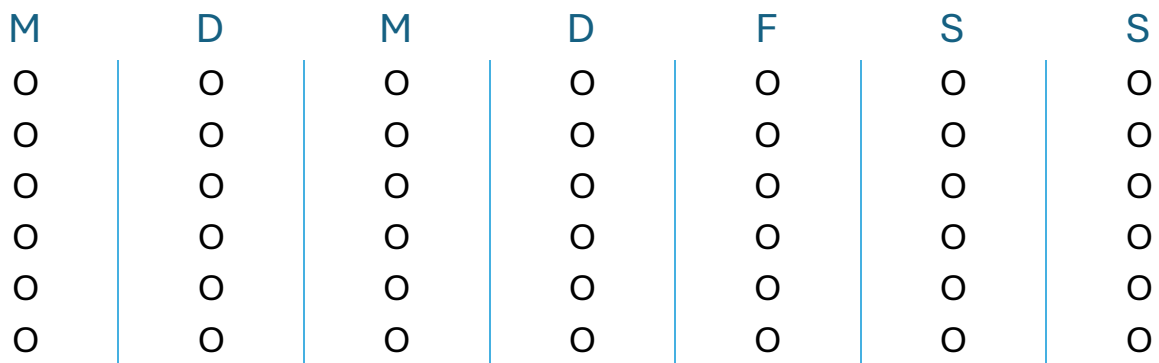


Level 1 – für 6 Wochen

POSITION	LIGHT	MEDIUM	HEAVY
1 NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
2 STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
3 MAX OUT	3 DOMINANT		



Level 2 – für 8 Wochen

POSITION	LIGHT	MEDIUM	HEAVY
1 NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
2 STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
3 HEEL STOMP	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
4 MAX OUT	3 DOMINANT		

