

Progress Tracker

12 Minute Power Programme

Routine Aims;

Exercise	Days								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Length;									
<i>Power Pull</i>									
<i>Straight Stretch</i>									
Girth;									
<i>Pump and Squeeze</i>									
<i>Pump and Press</i>									
Visual Attraction;									
<i>Power Pumps</i>									
<i>Loose the Pad</i>									
Bulge;									
<i>The Head Pump</i>									
<i>The Rub and Roll</i>									
								Dimensions/ bi-weekly	
								Length	Girth

- ✓ Exercise scheduled
- ✗ Exercise completed