

Progress Tracker

Personal Routine

Routine Aims;

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

- ✓ Exercise scheduled
- ✗ Exercise completed