



		LEVEL 2		
POSITION		LIGHT	MEDIUM	HEAVY
1	Normal	3 Each Side	3 Each Side	3 Each Side
2	Kneeling	3 Each Side	3 Each Side	3 Each Side
3	Step-Change	3 Each Side	3 Each Side	3 Each Side
4	Normal	3 Dominant		

WEEK	SWING SPEED BEFORE	SWING SPEED AFTER	MAX GREEN	MAX BLUE	MAX RED
1					
2					
3					
4					
5					
6					
7					
8					