

| Phase | Lunges | Time (hours) | Rate |
|----------|--------|--------------|----------|
| Total | 20 | 3.873222 | 5.163659 |
| Day | 20 | 3.873222 | 5.163659 |
| Night | 0 | 0.000000 | NA |
| Twilight | 0 | 0.000000 | NA |