Strength by day Total strength by day Strength $07|07|_{19}^{19} \\ 05|07|_{17}^{19} \\ 09|07|_{17}^{19} \\ 09|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}^{19} \\ 07|07|_{17}$