

20 min each day

5 days

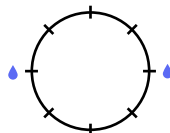
Linear Track



30 min each day

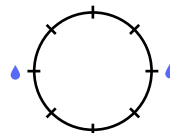
Day 3

Goals 3



Day 4

Goals 4



20 min each day

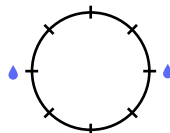
5 days

Linear Track



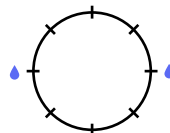
Day 1

Goals 1



Day 2

Goals 2



Day 5

Reversal

