ALL LEV ATHLET		Tension	Score Routine	Sheet	
Week # Day #	(Left Side 3 Min) (Right Side 3 M	in) (Left Side 3 Min)	(Right Side 3 Min)	
Day 1	I 🗆				
Day 2	2 🗆				
Day 3	3 				
Day 4	.				
Day 5	5 🗆				
Day	, L				
Day 6			П		