

Hands-Free Middle Back Strengtheners Progression Chart

Check Box When Completed

	Reps	Seconds	Total Time	M	T	W	TH	F	Sa	Su
Week 1	5	:05	:25							
Week 2	7-8	:05	:35-:40							
Week 3	9-11	:05	:45-:55							
Week 4	11-12	:05	:55-1:00							
Week 5	9	:07	1:03							
Week 6	10-11	:07	1:10-1:17							
Week 7	11-12	:07	1:17-1:24							
Week 8	12	:07	1:24							
Week 9	9	:10	1:30							
Week 10	10	:10	1:40							
Week 11	11	:10	1:50							
Week 12	12	:10	2:00							

How to save this progression chart to track your progress:

If you are using Chrome:

Open the progression chart in a new tab.

Select the "Download" button .

A dropdown should appear that provides the choices of "With your changes" or without your changes". Select the option "With your changes".

A pop-up box will appear asking for you to rename the document and to select which location you would like to save. Ensure that your progression chart does not have the same name as previous progression charts that you may have downloaded from Stand Up Str8.

Select "save". You should be able to reopen the file from your local device location folder and edit and save your progress.

If you are using Windows Edge:

Open the progression chart in a new tab.

Select the "Save" button .

A pop-up box will appear asking for you to rename the document and to select which location you would like to save. Ensure that your progression chart does not have the same name as previous progression charts that you may have downloaded from Stand Up Str8.

Select "save". You should be able to reopen the file from your local device location folder and edit and save your progress.