Level 2 = 1 x pro Woche

von **APR** bis **OKT**

POSITION	LIGHT	MEDIUM	HEAVY
1 NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
2 STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
3 HEEL STOMP	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
4 MAX OUT	3 DOMINANT		

APR	MAI	JUN	JUL	AUG	SEP	OKT
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O
O	O	O	O	O	O	O