

| P | PL | LH | Taso |
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| P 1130 | | | |
| P 1131 | | | |
| P 1110 | | | |
| P 1150 | | | |
| P 1100 | | | |

| P | PL | LH | Taso |
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| P | PL | LH | Taso |
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| P 1150 | | | |
| P 1100 | | | |

P = harjoituksen päivämäärä

PL = perusliikkeen sarjamäärä

LH = lisäharjoitteen sarjamäärä

Taso = harjoituksen teho 1-10

1 = aloitustaso

2

3

4

5 = keskitaso

6

7

8

9

10 = vaativa taso

