|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PeakPose | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |  Practices done after gray peak pose box can be the same pose, a variation or development |
| a. | a. |  |  |  |  |  |  |  |  |  |
| b. | b. |  |  |  |  |  |  |  |  |  |
| c. |  | c. |  |  |  |  |  |  |  |  |
| d. |  | d. |  |  |  |  |  |  |  |  |
| e. |  |  | e. |  |  |  |  |  |  |  |
| f. |  |  |  | f. |  |  |  |  |  |  |
| g. |  |  |  |  | g. |  |  |  |  |  |
| h. |  |  |  |  |  | h. |  |  |  |  |
| i. |  |  |  |  |  |  | i. |  |  |  |
| j. |  |  |  |  |  |  |  | j. |  |  |
| k. |  |  |  |  |  |  |  | k. |  |  |
| l. |  |  |  |  |  |  |  |  | l. |  |
| m. |  |  |  |  |  |  |  |  |  | m. |
| n. |  |  |  |  |  |  |  |  |  | n. |
|  Practices to the left side of ‘grey peak pose’ box will be preparation to be done in earlier weeks |