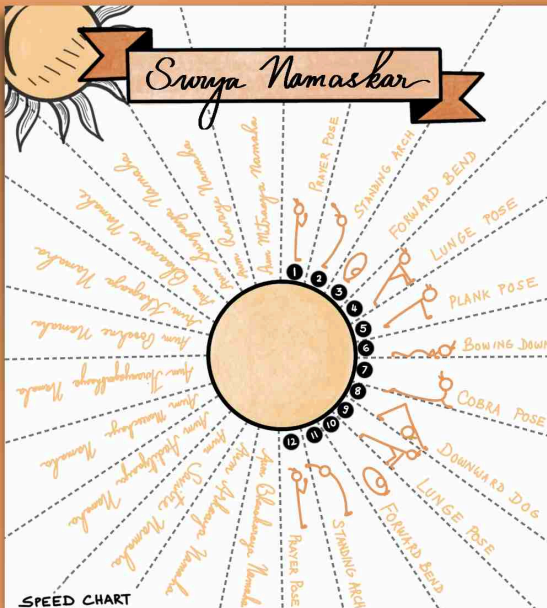


Surya Namaskar



DATE	DAY	SPEED	Round
			1
			2
			3
			4
			5
			6
			7
			8
			9
			10
			11
			12
			13
			14
			15
			16
			17
			18
			19
			20
			21
			22
			23
			24
			25
			26
			27
			28
			29
			30
			31

SET	ROUNDS
1	12
2	24
3	36
4	48
5	60
6	72
7	84
8	96
9	108

SPEED CHART

S	Slow	= STRENGTH	2 round (R+L)	6 min
M	Medium	= FLEXIBILITY	4 rounds	6 min
F	fast	= AGILITY	12 rounds	6 min
X	mixed	= COMPLETE WORKOUT	Slow (3) + med (4) + fast (6)	12 min

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