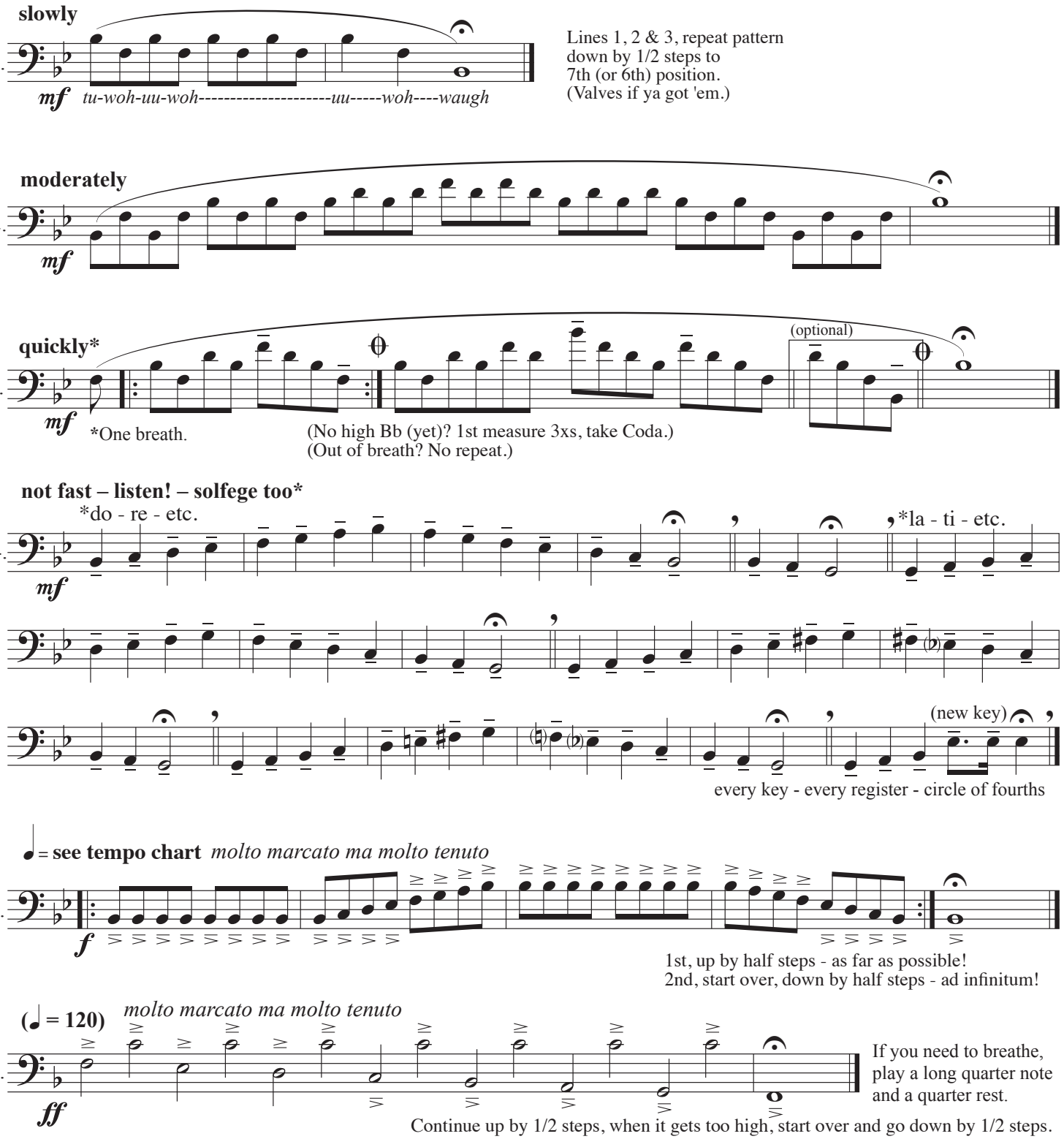
Bob's Routine 2026

(Do Set-Up 1st)



7. **Repeat Set-Up line 1!**

TEMPO CHART

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	60	66	72	80	84	88	92
Week 2	66	72	80	84	88	92	96
etc.	Work you way down the chart. When it gets too fast, start over. Over time, facility will grow.						