

PROTOCOL
NAME

Cycles

Record your time, pulse rate and intensity, provided by your consultant.

STEP 1

Pulse Rate Intensity

Control All
Pulse Rate Intensity

Step Duration

FRONT
LEFT RIGHT
BACK

STEP 2

Pulse Rate Intensity

Control All
Pulse Rate Intensity

Step Duration

FRONT
LEFT RIGHT
BACK

STEP 3

Pulse Rate Intensity

Control All
Pulse Rate Intensity

Step Duration

FRONT
LEFT RIGHT
BACK

STEP 4

Pulse Rate Intensity

Control All
Pulse Rate Intensity

Step Duration

FRONT
LEFT RIGHT
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