

Sample Exercise Schedule for Year One – Basic Skill Guide

Week 1: Skill 1 - Exercise 1 and Diagnostic

Week 2: Skill 1 - Exercise 2

Week 3: Skill 1 - Exercise 3 (4 times)

Week 4: Skill 2 - Exercise 1 and Diagnostic

Week 5: Skill 2 - Exercise 2 (3-4 times)

Week 6: Skill 2 - Exercise 2 (3-4 times); Skill 2 - Exercise 3 (4 times)

Week 7: Skill 2 - Exercise 4 (2 times)

Week 8: Skill 2 - Exercise 4 (2 times); Skill 3 - Exercise 1 and Diagnostic

Week 9: Skill 2 - Exercise 4 (2 times); Skill 3 - Exercise 1

Week 10: Skill 2 - Exercise 4 (once); Skill 3 - Exercise 3

Week 11: Skill 2 - Exercise 4 (once); Skill 3 - Exercise 3; Skill 3 - Exercise 4

Week 12: Skill 2 - Exercise 4 (once); Skill 3 - Exercise 3; Skill 3 - Exercise 5 (and 6 for couples)

Week 13: Skill 2 - Exercise 4 (once); Skill 3 - Exercise 6; Skill 4 - Exercise 1 and Diagnostic

Week 14: Skill 2 - Exercise 4 (once); Skill 4 - Exercise 2

Week 15: Skill 2 - Exercise 4 (once); Skill 4 - Exercise 3

Week 16: Skill 4 - Exercise 5 (daily)

Week 17: Skill 4 - Exercise 5 (daily); Skill 4 - Exercise 4; Skill 5 - Exercise 1 and Diagnostic

Week 18: Skill 5 - Exercise 2 (3-4 times)

Week 19: Skill 5 - Exercise 2 (3-4 times); Skill 5 - Exercise 3

Week 20: Skill 5 - Exercise 3; Skill 6 - Exercise 1 and Diagnostic

Week 21: Skill 6 - Exercise 2

Week 22: Skill 6 - Exercise 3 (twice)

Week 23: Skill 6 - Exercise 4

Week 24: Skill 6 - Exercise 4; Skill 7 - Exercise 1 and Diagnostic

Week 25: Skill 7 - Exercise 2 (3-5 times)

Week 26: Skill 7 - Exercise 3 (2-3 times)

Week 27: Skill 7 - Exercise 4 (at least twice)

Week 28: Skill 8 - Exercise 1 and Diagnostic

Week 29: Skill 8 - Exercise 1; Skill 8 - Exercise 2

Week 30: Skill 8 - Exercise 1; Skill 8 - Exercise 3

Week 31: Skill 8 - Exercise 3; Skill 9 - Exercise 1 and Diagnostic

Week 32: Skill 8 - Exercise 3; Skill 9 - Exercise 2

Week 33: Skill 9 - Exercise 3

Week 34: Skill 9 - Exercise 4

Week 35: Skill 9 - Exercise 5

Week 36: Skill 10 - Exercise 1 and Diagnostic

Week 37: Skill 10 - Exercise 2

Week 38: Skill 10 - Exercise 3

Week 39: Skill 10 - Exercise 4

Week 40: Skill 11 - Exercise 1 and Diagnostic

Week 41: Skill 11 - Exercise 2

Week 42: Skill 11 - Exercise 3

Week 43: Skill 11 - Exercise 3; Skill 12 - Exercise 1 and Diagnostic

Week 44: Skill 12 - Exercise 2

Week 45: Skill 12 - Exercise 3

Week 46: Skill 13 - Exercise 1 and Diagnostic

Week 47: Skill 13 - Exercise 2 (twice)

Week 48: Skill 13 - Exercise 2 (twice); Skill 13 - Exercise 3

Week 49: Skill 13 - Exercise 4

Week 50: Skill 14 - Exercise 1 and Diagnostic

Week 51: Skill 14 - Exercise 2

Week 52: Skill 14 - Exercise 3