

STAMINA

MINUTES OF STAMINA 

40										
39										
38										
37										
36										
35										
34										
33										
32										
31										
30										
29										
28										
27										
26										
25										
24										
23										
22										
21										
20										
19										
18										
17										
16										
15										
14										
13										
12										
11										
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

We can do it!