

	1st week	2nd week	3rd week	4th week	5th week	6th week	7th week
Lifts-Up	30 times rest 1 min	40 times rest 1 min	50 times rest 1 min	55 times rest 1 min	60 times rest 1 min	65 times rest 1 min	70 times rest 1 min
Blast Off	10 times rest 1 min	17 times rest 1 min	20 times rest 1 min	22 times rest 2 min	24 times rest 2 min	27 times rest 2 min	30 times rest 2 min
Explosion	10 times rest 2 min	12 times rest 2 min	14 times rest 2 min	16 times rest 2 min	18 times rest 2 min	19 times rest 2 min	20 times rest 2 min
Swithing the Springs	20 times rest 2 min	25 times rest 2 min	30 times rest 2 min	35 times rest 2 min	40 times rest 2 min	45 times rest 2 min	50 times rest 2 min
Killing the Enemy	5 times rest 1 min	7 times rest 1 min	10 times rest 1 min	12 times rest 1 min	13 times rest 2 min	15 times rest 2 min	20 times rest 2 min
Crouch Stand	30 times rest 1 min	35 times rest 1 min	40 times rest 1 min	45 times rest 1 min	50 times rest 2 min	60 times rest 2 min	65 times rest 2 min
Standing on Fire	10 times rest 1 min	13 times rest 1 min	15 times rest 2 min	17 times rest 1 min	18 times rest 1 min	19 times rest 2 min	20 times rest 2 min
Bounce off and on	10 times rest 1 min	12 times rest 1 min	15 times rest 1 min	17 times rest 1 min	19 times rest 1 min	20 times rest 1 min	22 times rest 2 min
Touching the Sky	5 times rest 1 min	6 times rest 1 min	7 times rest 1 min	8 times rest 1 min	9 times rest 2 min	9 times rest 2 min	10 times rest 2 min
Killer Jump	10 times rest 2 min	12 times rest 2 min	14 times rest 2 min	16 times rest 2 min	18 times rest 2 min	19 times rest 2 min	20 times rest 2 min
Far Jump	5 times that's it	7 times that's it	9 times that's it	11 times that's it	12 times that's it	14 times that's it	15 times The Prize