

## CTU Progression

Hold Time	Number of Reps	Number of Weeks
10s	10	2 weeks
10s	20	2 weeks
30s	5	2 weeks
45s	5	2 weeks
1 min.	5	Until next x-ray

Video Link: <https://www.youtube.com/watch?v=tHAOYAnBKSM> (CTU Pull from MaxLiving Youtube Channel)