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Step	Speed	Original 120 BPM becomes	Days at this speed	Clean?
1	0.60×	72 BPM		
2	0.70×	84 BPM		
3	0.80×	96 BPM		
4	0.85×	102 BPM		
5	0.90×	108 BPM		
6	0.95×	114 BPM		
7	1.00×	120 BPM		
8	1.05×	126 BPM		

Move up a step after three clean repetitions.

Notes