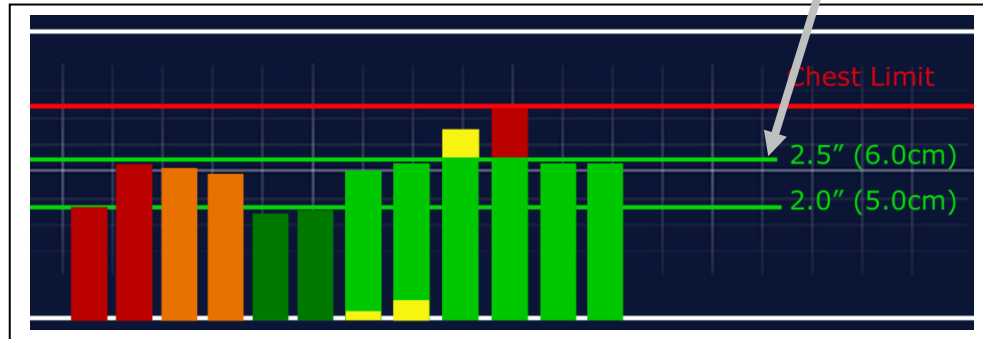


Press the chest and you see a Colored Bar showing Depth, Rate and Recoil
If the bar is NOT all bright green, something needs to be corrected.

Target Color: **Bright Green** = everything is correct

Target Depth: Between the two green lines



Red = Rate is too slow

Orange = Rate is too fast

Dark green = Rate is correct, but
Not deep enough

Red on Top = You hit the bottom
Yellow on Top = Too deep but not hitting bottom
Yellow on Bottom = Non-release of the chest