CO_2 Table

Timer	Action	Hold	Breathing
0:00 - 2:00	Breathing		2:00
2:00 - 3:30	Hold	1:30	
3:30 - 5:15	Breathing		1:45
5:15 - 6:45	Hold	1:30	
6:45 - 8:15	Breathing		1:30
8:15 - 9:45	Hold	1:30	
9:45 - 11:00	Breathing		1:15
11:00 - 12:30	Hold	1:30	
12:30 - 13:30	Breathing		1:00
13:30 - 15:00	Hold	1:30	
15:00 - 15:45	Breathing		0:45
15:45 - 17:15	Hold	1:30	
17:15 - 17:45	Breathing		0:30
17:45 - 18:15	Hold	1:30	
18:15 - 18:30	Breathing		0:15
18:30 - 21:00	Hold	1:30	