**Level one Mini signs**



1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 

**Level 1**

There should be a minimum of ten and a maximum of twelve exercises, with no more than six static positions.

( n.b a position is one element i.e sit or stand or down not one exercise so exercise 4 contains 3 static positions)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 





Bonus 1

Bonus 2

Bonus 3