


















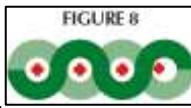





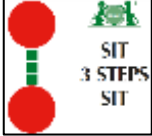


Level one Mini signs

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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)

Simple layout , signs min. 2m apart, cones 1.5M apart (except disability requirements)

Exercises must not traverse other exercises.