



Station	Ex no.	Exercise	Linked
Start			
1	22	Serpentine	no
2	3	Sit - down	no
3	9	270 right	no
4	16	Fast pace	no
5	17	Normal pace	no
6	8	About turn left	no
7	18	Moving side-step	no
8	19	Sit-right turn - forward	no
9	11	Call front - forward right	no
10	10	360 right	no
11	2	Sit - stand	no
12	5	Right turn	no
Finish			
Bonus	Bonus Ex 2	Call front - turn right or left	