



Station	Ex no.	Exercise	Linked
<b>Start</b>			
<b>1</b>	10	360 right	no
<b>2</b>	14	call front-finish left	no
<b>3</b>	5	right turn	no
<b>4</b>	21	figure 8	no
<b>5</b>	6	left turn	no
<b>6</b>	2	sit-stand	no
<b>7</b>	35	weave through distractions	no
<b>8</b>	6	left turn	no
<b>9</b>	30	sit-turn left-1 step-sit	no
<b>10</b>	23	sit-walk around	no
<b>11</b>	34	spiral left-dog inside	no
<b>12</b>	18	moving side step right	no
<b>13</b>	32	sit-send around-forward	no
<b>14</b>	9	270 right	no
<b>15</b>	15	slow pace	no
<b>Finish</b>			
<b>Bonus</b>	Bonus Ex 6	call front-back up 3 steps	