



Station	Ex no.	Exercise	Linked
Start			
1	10	360 right	no
2	13	call front-finish right	no
3	5	right turn	no
4	21	figure 8	no
5	6	left turn	no
6	2	sit-stand	no
7	7	about turn right	no
8	20	sit-left turn-forward	no
9	18	moving side step right	no
10	12	call front-forward left	no
11	9	270 right	no
12	15	slow pace	no
Finish			
Bonus	Bonus Ex 3	sit-3 steps-sit	