



Station	Ex no.	Exercise	Linked
Start			
1	2	sit-stand	no
2	10	360 right	no
3	12	call front-forward left	no
4	5	right turn	no
5	16	fast pace	no
6	17	normal pace	no
7	8	about turn left	no
8	9	270 right	no
9	21	figure 8	no
10	19	sit-right turn-forward	no
11	13	call front-finish right	no
Finish			
Bonus	Bonus Ex 3	sit-3 steps-sit	