



Station	Ex no.	Exercise	Linked
Start			
1	18	Moving side step right	no
2	2	Sit - Stand	no
3	5	Right turn	no
4	22	Serpentine	no
5	12	Call front - forward left	no
6	9	270 right	no
7	13	Call front - finish right	no
8	8	About turn left	no
9	15	Slow pace	no
10	17	Normal pace	no
11	16	Fast pace	no
Finish			
Bonus	Bonus Ex 3	Sit - 3 Steps - Sit	