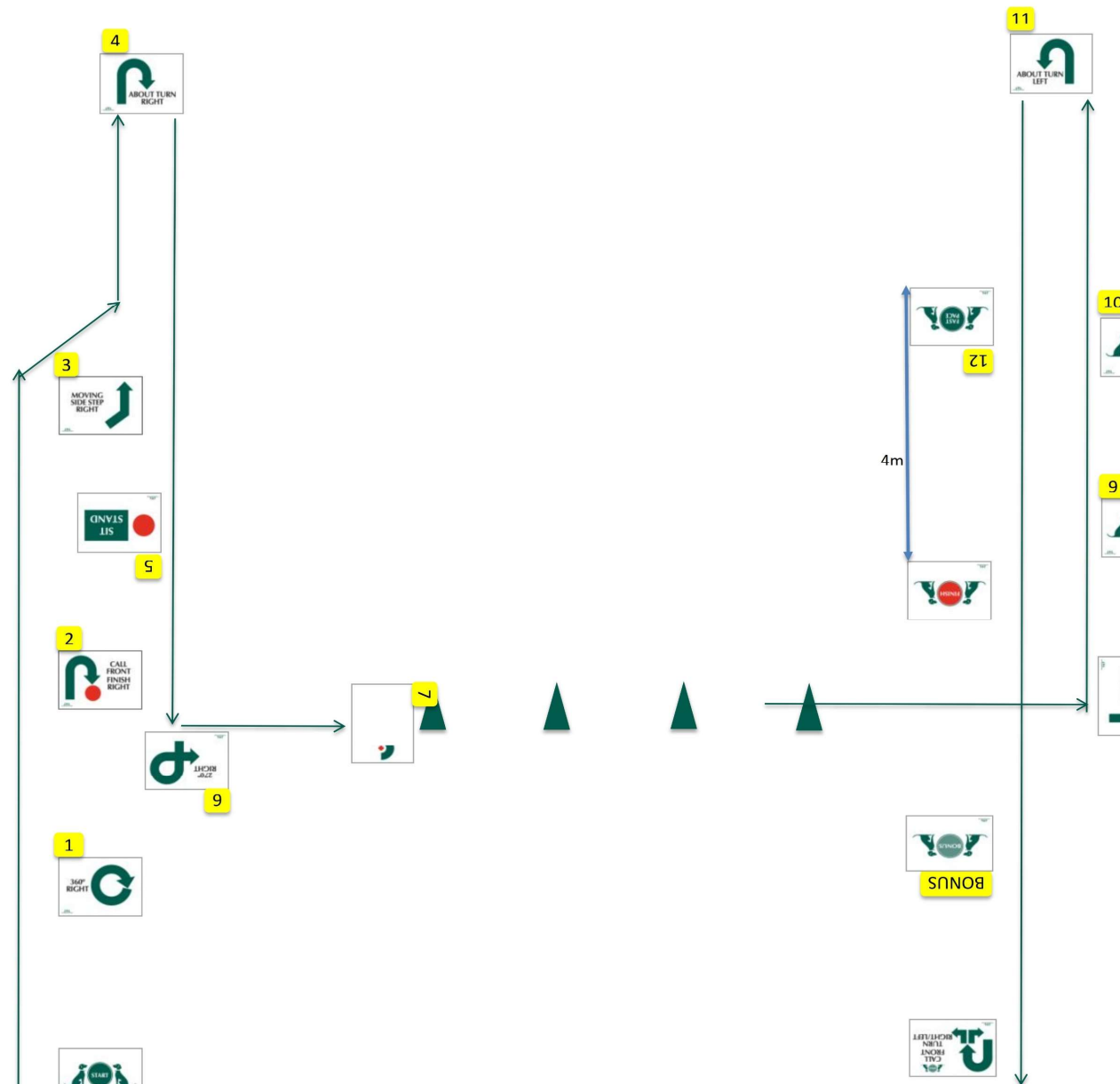




Station	Ex no.	Exercise	Linked
Start			
1	10	360 Right	
2	13	Call Front - Finish Right	
3	18	Moving Side Step	
4	7	About Turn Right	
5	2	Sit - Stand	
6	9	270 Right	
7	22	Serpentine	
8	6	Left Turn	
9	15	Slow Pace	
10	17	Normal Pace	
11	8	About Turn Left	
12	16	Fast Pace	
Finish			
Bonus	Bonus Ex 2	Call Front - Turn Right/Left	