



Station	Ex no.	Exercise	Linked
Start			
1	5	right turn	no
2	18	moving side step right	no
3	1	sit	no
4	7	about turn right	no
5	21	figure 8	no
6	19	sit-right turn-forward	no
7	5	right turn	no
8	22	serpentine	no
9	15	slow pace	no
10	17	normal pace	no
Finish			
Bonus	Bonus Ex 2	call front-turn right/left	