

The exercise start

About turn and fast pace go

Left turn

About turn

Slow pace

Stop

Left turn and slow pace go

Normal pace

Left turn

Stop

About turn

Two steps left

Normal pace go

Right turn and slow pace

Right turn

Stop

Backwards go

Right turn

Stop

Normal pace go

Right turn

Left turn

About turn

Right turn

Stop

Two steps right

Two steps backwards

Fast pace go

About turn

Right turn

About turn and Stop

Two steps forwards

End of exercise

Blue = Normal pace

Black = Special steps

Red = Fast pace

Green = Slow pace