











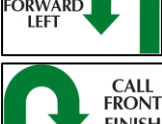







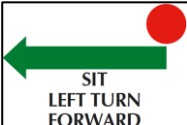









Level one Mini signs

- 
1. 
 2. 
 3. 
 4. 
 5. 
 6. 
 7. 
 8. 
 9. 
 10. 
 11. 
 12. 
 13. 
 14. 

15. 
 16. 
 17. 
 18. 
 19. 
 20. 
 21. 
 22. 
- 
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- Bonus 1. 
 - Bonus 2. 
 - Bonus 3. 

Level 1

There should be a minimum of ten and a maximum of twelve exercises, with no more than six static positions. (n.b a position is one element i.e sit or stand or down not one exercise so exercise 4 contains 3 static positions)

Simple layout

Signs min. 2m apart, cones 1.5M apart (except disability requirements)

2 part exercises 2-3 M apart

Exercises must not traverse other exercises