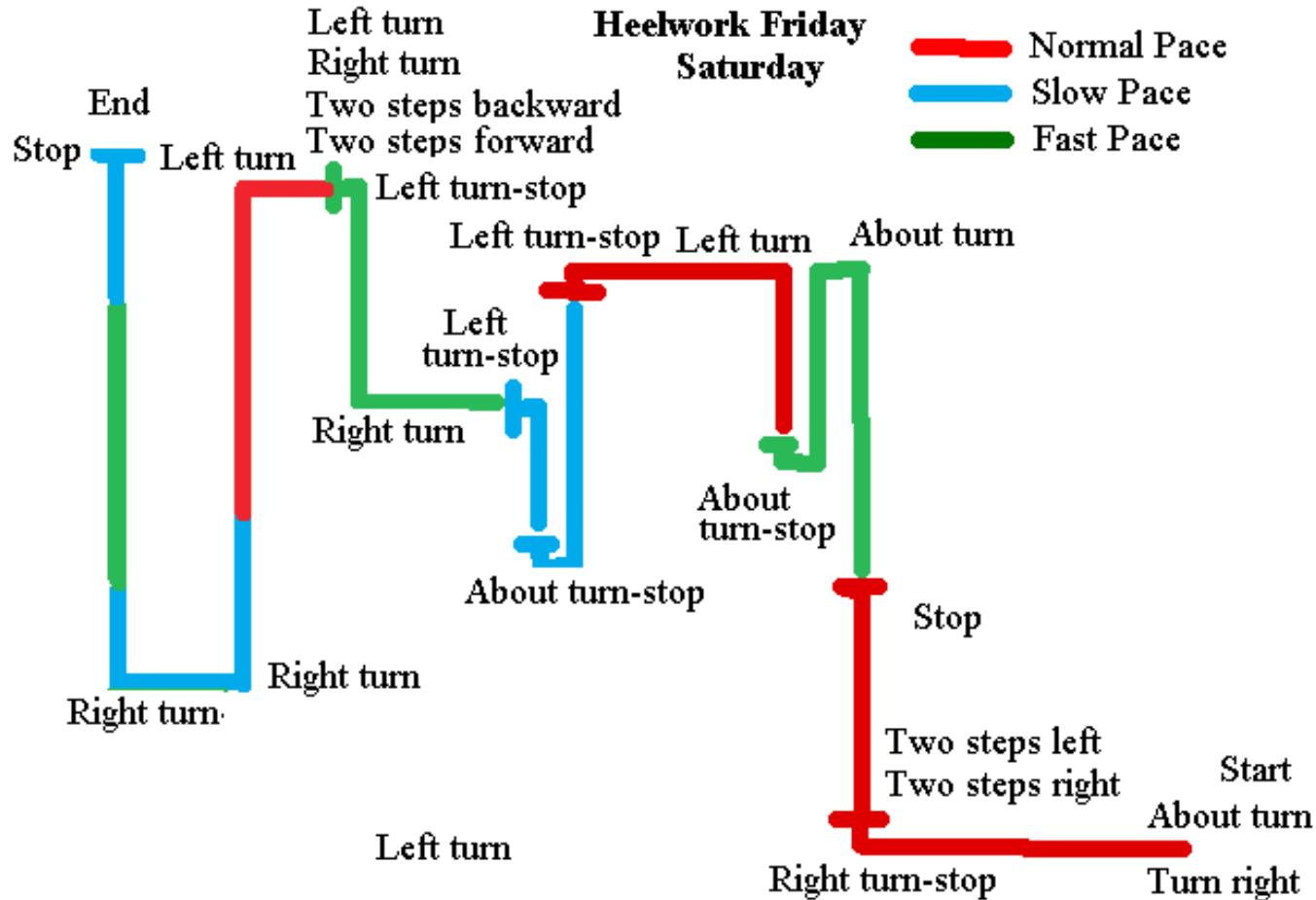


Heelwork Friday-Saturday Condotta Venerdì-Sabato



- Exercise start
- About turn
- Turn right
- Forward normal pace
- Right turn-stop
- Two steps to the left
- Two steps to the right
- Forward normal pace
- Stop
- Forward fast pace
- About turn
- About turn-stop
- Forward normal pace
- Left turn
- Left turn-stop
- Forward slow pace
- About turn-stop
- Forward slow pace
- Left turn-stop
- Forward fast pace
- Right turn
- Left turn-stop
- Forward normal pace
- Two steps forward
- Two steps backwards
- Left turn
- Slow pace
- Right turn
- Right turn
- Fast pace
- Slow pace
- Stop
- Thank you