cl-twl scf bnc 1 2 3 4 5 6 7 bx bb-drbl sm-pnk sw-blrm ma hamb drm wbd dbl mp-bz-tb-tl fl kb si mel-lt sct-hrm spk

U	M	T	W	R	F	A
c b s t ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l&r kn ld rd shwl SU AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd SHV chstks	c b ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl su AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd	c b s t ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl SU AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd SHV chstks	c b ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl su AR-PL
org nk up-dn i-o v sh-ch-sw-tw bkdn s-mc w SHR bkwd	org	org SHR bkwd	org	org nk up-dn i-o v sh-ch-sw-tw bkdn s-mc w SHR bkwd	org	org bkwd
HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b
3 4 5 d cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 b cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 d cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 b cl kb sct h lt sp fw tns bd ma R R P P N 2 h
dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike

U	M	T	W	R	F	A
c b s t ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l&r kn ld rd shwl SU AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd SHV chstks	c b ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl su AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd	c b s t ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl SU AR-PL	ank bkstr sh kn br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd SHV chstks	c b ank-str wrist gr – kn ham br kn ank ank po lb arch-toes lo lo l-r 2 kn ld rd shwl su AR-PL
org nk up-dn i-o v sh-ch-sw-tw bkdn s-mc w SHR bkwd	org	org SHR bkwd	org	org nk up-dn i-o v sh-ch-sw-tw bkdn s-mc w SHR bkwd	org	org bkwd
HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b	bd cc s a19 b39 o v f j s a b	HL bd cc s nk a19 b39 o v f j s a b
3 4 5 d cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 b cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 d cl kb sct h lt sp fw tns bd ma R R P P N 2 h	glf bb scr kb db dr hb wb free bz-m ha R R P P N 2 h	3 4 5 b cl kb sct h lt sp fw tns bd ma R R P P N 2 h
dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike	dy nt-F 2 4 8 run bike