

Day	Step Name	Action	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	Steps	RT	Total		
Every Time	Warm up Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC																																					
	Warm up Step 2	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC																																					
	Warm up Step 3	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC																																					
1	Trial Step 1	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
	Trial Step 2	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
	Trial Step 3	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8																													
		HC	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
2	Recreation Step 1	RF	B1	B1	B2	B3	B3	B4	B5	B6	B7	B7	B8																										
		LF	B1	B2	B2	B3	B4	B4	B5	B6	B6	B7	B8	B8																									
		HC																																					
	Trial Step 4	RF	B1	B2	B3	B4	B5	B6	B7	B8																													
		LF	B1	B2	B3	B4	B5	B6	B7	B8			</																										

Abbreviations; RF; Right foot, LF; Left foot, HC; Hand Clapping, RT; Repeating time, A1 to C8; grid's position of Fumanet, see figure 2.