|  |
| --- |
| **Walking Function 2 Start at 0 meters**  0seconds Heel to toe (forward)  5 seconds Walk forward  10 seconds Jog in place  15 seconds Walk backward  20 seconds End |
| **Walking Function 4 Start at 5 meters**  0 seconds Toe to heel (backward)  5 seconds Heel to toe (forward)  10 seconds Heel to toe (forward)  15 seconds Toe to heel (backward)  20 seconds End |
| **Walking Function 1 Start at 0 meters**  0seconds Heel to toe (forward)  5 seconds Jog in place  10 seconds Heel to toe  15 seconds Walk forward  20 seconds End |

|  |
| --- |
| **Walking Function 3 Start at 0 meters**  0 seconds Walk forward  5 seconds Heel to toe (forward)  10 seconds Side of shoe-side of shoe  15 seconds Jog in place  20 seconds End |
| **Walking Function 5 Start at 0 meters**  0 seconds Jog in place  5 seconds Side of shoe-side of shoe  10 seconds Heel to toe (forward)  15 seconds Walk forward  20 seconds End |
| **Walking Function 6 Start at 8 meters**  0 seconds Heel to toe (forward)  5 seconds Walk backward  10 seconds Heel to toe (forward)  15 seconds Walk backward  20 seconds End |