

Arm Circle Euphoria

Activity	Duration (sec)	Total Duration (sec)	Added Score	Total Score
Little Circles Forward	45	45	1	1
Little Circles Back	45	90	1	2
Medium Circles Forward	45	135	2	4
Medium Circles Back	45	180	2	6
Big Circles Forward	45	225	4	10
Big Circles Back	45	270	4	14
Medium Circles Forward	45	315	8	22
Medium Circles Back	45	360	8	30
Small Circles Forward	45	405	12	42
Small Circles Back	45	450	12	54
Palms To Sky	45	495	20	74
Palms To Sky	45	540	26	100