

Bancroft Road

Bradwell Street

Moody Street

Longnor Road

Mile End Hospital

Bancroft Road

Mile End Place

West Gate

East Gate

Regent's Canal



A1/A2: UP/Down to Stairs



A3: Sitting



A4: Walking



A5: Standing



A6: Jogging



Training  
(2.5 minutes)



Testing  
(0.5 minutes)

**Total Time:**

$(6 \times 2.5 = 15) + (6 \times 0.5 = 3) = 18 \text{ min}$

