Steps, level

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low

90, low

45, low

495, high

189, medium

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low

90, low

45, low

495, high

189, medium

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low

90, low

45, low 495, high

189, medium

100, low

200, medium

300, high

99, low

190, medium

300, high

87, low

90, low

45, low

495, high

189, medium

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low 90, low

45, low

495, high

189, medium

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low

90, low 45, low

495, high

189, medium

100, low

200, medium

300, high

99, low

199, medium

300, high

87, low 90, low

45, low

495, high

189, medium