

30	31	1	2	3 Legs
6 Pull	7 Legs	8	9 Push	10 Pull
13 Push	14	15 Pull	16 Legs	17
20	21 Legs	22 Push	23	24 Pull
27 Push	28 Pull	29	30 Legs	31 Push
3 Legs	4	5 Push	6 Pull	7
10	11 Pull	12 Legs	13	14 Push
17 Legs	18 Push	19	20 Pull	21 Legs
24 Pull	25	26 Legs	27 Push	28

4 Push	5
11	12 Legs
18 Push	19 Pull
25 Legs	26
1	2 Pull
8 Legs	9 Push
15 Pull	16
22	23 Push
1 Pull	2 Legs