7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

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	F					W							F		

7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
	F			W		F		W					F		

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	F		| | | W | |		F	| | | ||| |W | | ||| |		F		

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	F		DW	DW	DW	DW	F	DW	DW	SW	SW		F		

7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
	Get up	->	DW	DW	DW	DW	F	DW	DW	SW	SW	*	-> A	B	C	D