

RFL ROUTE

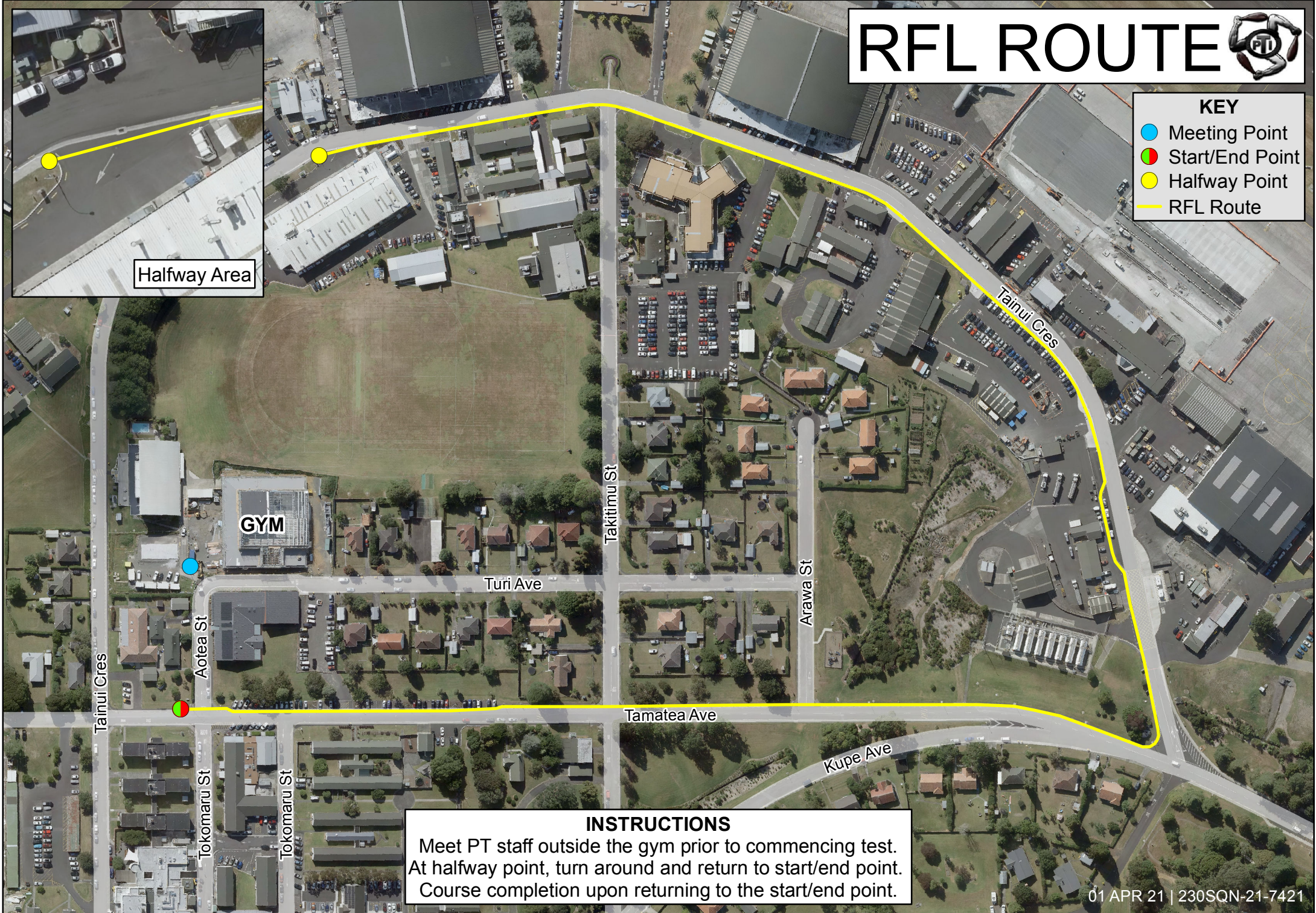


KEY

- Meeting Point
- Start/End Point
- Halfway Point
- RFL Route



Halfway Area



INSTRUCTIONS
Meet PT staff outside the gym prior to commencing test.
At halfway point, turn around and return to start/end point.
Course completion upon returning to the start/end point.