NOVICE:
- Exercises 1-31
- 5 stationary
- 10-15 exercises

ADVANCED:
- Exercises 1-45
- 1 jump
- 7 stationary
- 12-17 exercises

EXCELLENT:
- Exercises 1-50
- 2 jumps
- 7 stationary
- 15-20 exercises
Advanced Exercises 32-45