## Level 8 Men’s Pair

### Balance Exercise

<table>
<thead>
<tr>
<th>ROW</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value</strong></td>
<td>-</td>
<td>0.1</td>
<td>0.1</td>
<td>0.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROW</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value</strong></td>
<td>-</td>
<td>0.1</td>
<td>0.1</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROW</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value</strong></td>
<td>-</td>
<td>0.1</td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
</tbody>
</table>

Select 1 skill from each row, then add 2 optional elements with a difficulty of minimum value 1, maximum of value 6.
## Level 8l Men’s Pair

### Dynamic Exercise

<table>
<thead>
<tr>
<th>ROW 1</th>
<th>1</th>
<th>0/4</th>
<th>2</th>
<th>0/4</th>
<th>3</th>
<th>0/4</th>
<th>4</th>
<th>0/4</th>
<th>5</th>
<th>0/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>0.1</td>
<td>0.1</td>
<td>0.1</td>
<td>0.2</td>
<td>0.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>0.1</td>
<td>0.1</td>
<td>0.1</td>
<td>0.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROW 3</th>
<th>1</th>
<th>0/4</th>
<th>2</th>
<th>2/4 Back</th>
<th>3</th>
<th>2/4 Front</th>
<th>4</th>
<th>2/4 Back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>0.1</td>
<td>-</td>
<td>0.2</td>
<td>0.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROW 4</th>
<th>1</th>
<th>0/4</th>
<th>2</th>
<th>2/4 Back</th>
<th>3</th>
<th>2/4 Front</th>
<th>4</th>
<th>2/4 Front</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>0.1</td>
<td>-</td>
<td>0.2</td>
<td>0.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Select 1 skill from each row, then add 2 optional elements with a difficulty of minimum value 1, maximum of value 14.