

CD 1

Track	Unit/Step	Exercise	Track	Unit/Step	Exercise
1		Introduction	21	Test 1	5
2	1.1	2b	22	3.1	2b
3	1.1	2c	23	3.1	Pattern
4	1.1	4			Drill
5	1.2	1	24	3.1	6
6	1.2	2b	25	3.2	1a
7	1.2	Pattern	26	3.2	2a
		Drill 1	27	3.2	Pattern
8	1.2	5a			Drill
9	1.2	Pattern	28	3.2	5
		Drill 2	29	3.3	2b
10	1.2	6	30	4.1	2a
11	1.3	2b	31	4.1	Pattern
12	2.1	1a			Drill
13	2.1	2a	32	4.1	5b
14	2.1	Pattern	33	4.1	6
		Drill	34	4.2	1a
15	2.1	5	35	4.2	2a
16	2.2	2a	36	4.2	Pattern
17	2.2	Pattern			Drill
		Drill	37	4.2	5
18	2.2	5	38	4.3	2c
19	2.2	6	39	Test 2	5
20	2.3	2a			

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CD 2

Track	Unit/Step	Exercise	Track	Unit/Step	Exercise
1		Introduction	21	7.1	3c
2	5.1	1a	22	7.1	Pattern
3	5.1	2			Drill
4	5.1	3	23	7.2	2a
5	5.1	6b	24	7.2	Pattern
6	5.2	2a			Drill
7	5.2	Pattern	25	7.2	6a
		Drill 1	26	7.3	2a
8	5.2	Pattern	27	8.1	2a
		Drill 2	28	8.1	Pattern
9	5.3	2b			Drill 1
10	6.1	2a	29	8.1	5a
11	6.1	Pattern	30	8.1	5b
		Drill	31	8.1	Pattern
12	6.1	6a			Drill 2
13	6.2	1	32	8.2	1a
14	6.2	2a	33	8.2	2a
15	6.2	3a	34	8.2	Pattern
16	6.2	Pattern			Drill
		Drill	35	8.2	5a
17	6.3	2b	36	8.2	5c
18	Test 3	5	37	8.3	2c
19	7.1	1b	38	Test 4	5
20	7.1	2a			

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CD 3

Track	Unit/Step	Exercise	Track	Unit/Step	Exercise
1		Introduction	21	11.1	1a
2	9.1	1a	22	11.1	2b
3	9.1	2a	23	11.1	2c
4	9.1	Pattern Drill	24	11.1	Pattern Drill
5	9.1	5	25	11.1	5
6	9.2	2b	26	11.2	2a
7	9.2	Pattern Drill	27	11.2	Pattern Drill
8	9.2	6	28	11.2	6
9	9.3	2b	29	11.3	2c
10	10.1	1	30	12.1	1a
11	10.1	2	31	12.1	2a
12	10.1	Pattern Drill	32	12.1	Pattern Drill
13	10.1	5	33	12.1	5
14	10.2	2	34	12.2	2a
15	10.2	Pattern Drill	35	12.2	Pattern Drill
16	10.2	5a	36	12.2	6
17	10.2	5b	37	12.3	2b
18	10.2	5c	38	Test 6	5
19	10.3	2b	39	Final Test	5
20	Test 5	5			

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