

**AF 1000
MESSAGE PROGRAMS**

EACH OF THE FOLLOWING SEQUENCES IS REPEATED
FOUR TIMES WITHIN THE TEN - MINUTE SESSION

PROGRAM	10:00 min.	9:45 min.	9:30 min.	9:15 min.	9:00 min.	8:45 min.	8:30 min.	8:15 min.	8:00 min	7:45 min.
P1	10	25	10	25	10	32	10	30	10	32
P2	2	4	6	8	10	12	28	20	16	12
P3	5	10	15	25	30	35	40	25	15	5