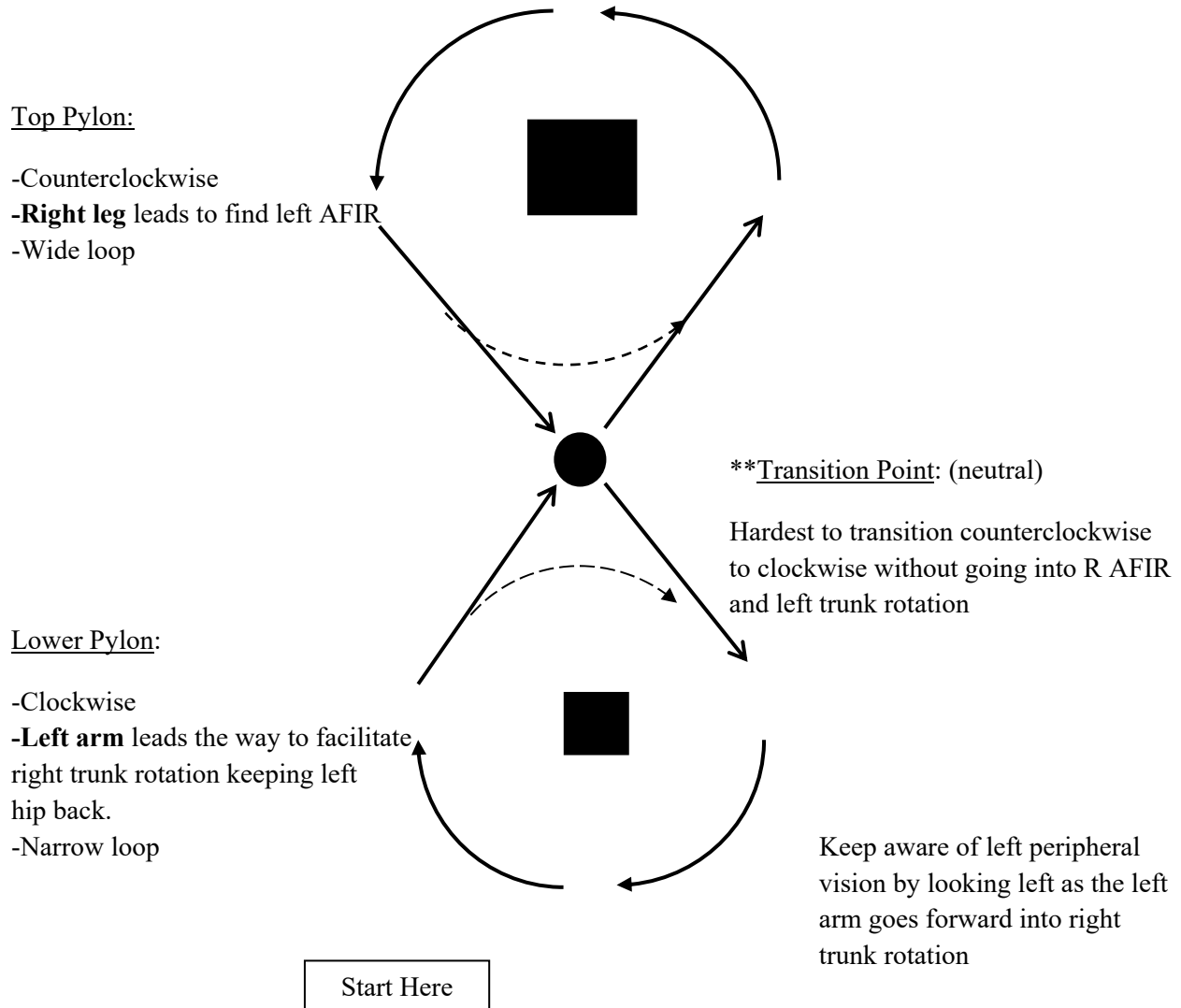




## Alternating Reciprocal Figure 8 Walking



The opposite pattern (i.e. starting with clockwise rotation) will be easier and more natural for the human pattern due to the differences in the transition period

If Left AFIR needs are higher emphasize the counterclockwise direction, if right trunk rotation needs are higher emphasize the clockwise direction