Counting forwards and backwards in 1s and 10s

Starting number	Count in steps of					
34	+1					
67	+10					
97	-10					
43	-1					
79	-10					
39	+1					
81	-10					
15	+10					
3	+10					
17	-1					
7	+10					
100	-1					
80	-10					