

21 Steps of Circulation

1. Superior or Inferior Vena Cava
 2. Right Atrium
 3. Tricuspid Valve
 4. Right Ventricle
 5. Pulmonary Valve
 6. Pulmonary Artery
 7. Pulmonary Arterioles
 8. Capillaries of Lungs
 9. Venules of Lungs
 10. Pulmonary Veins
 11. Left Atrium
 12. Mitral Valve
 13. Left Ventricle
 14. Aortic Valve
 15. Aorta
 16. Systemic Arteries
 17. Systemic Arterioles
 18. Systemic Capillaries
 19. Systemic Venules
 20. Systemic Veins
 21. Return back to the Heart
- Deoxygenated Blood
- Oxygenated Blood
- Deoxygenated Blood