

- 1. JOG OVER POLES
- 2. STOP OR BREAK TO THE WALK, WALK OVER BRIDGE.
- 3. JOG OVER POLES
- 4. BREAK TO THE WALK, WALK AROUND CONES AND WALK OVER POLES.
- 5. JOG OVER POLES.
- 6. JOG OVER POLES
- 7. STOP OR BREAK TO THE WALK, WALK INTO BOX, EXECUTE A 360 TURN TO THE RIGHT, WALK OUT BOX.
- 8. WALK OVER POLES, WALK INTO CHUTE AND STOP IN CHUTE, BACK CHUTE TO CHUTE, WALK OUT CHUTE, WALK OVER POLES.