

- I. Walk at least I5 feet from start cone to the first marker, transition to jog, jog over log.
- 2. Transition to the lope left lead & lope around end
- 3. First line change
- 4. Second line change lope around the end of arena
- 5. First crossing change
- 6. Second crossing change
- 7. Lope over log
- 8. Third crossing change
- 9. Fourth crossing change
- IO. Lope up the center, stop & back