



1. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to the lope, on the right lead
3. First crossing change
4. Lope over log
5. Second crossing change
6. First line change
7. Second line change
8. Third line change
9. Fourth line change
10. Third crossing change
11. Fourth crossing change
12. Lope up the center, stop & back