



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 left lead
3. First crossing change
4. Second crossing change
5. Third crossing change
6. Circle & first line change
7. Second line change
8. Third line change
9. Fourth line change
10. Lope over log
11. Lope, stop & back