





JOG OVER POLES

- 2. STOP OR BREAK TO THE WALK, WALK OVER POLES.
- 3. JOG OVER POLES.

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- 4. BREAK TO THE WALK, WALK UP TO GATE, WORK GATE LEFT HAND. SMALL FRYS WALK THROUGH OPEN GATE, NO ROPE.
- 5. WALK FORWARD, THEN JOG OVER POLES.
- 6. JOG OVER POLE, JOG AROUND CONE, JOG OVER POLE.
- 7. JOG INTO CHUTE, STOP, BACK AROUND CORNER, BACK INTO BOX.
- 8. EXECUTE A 360 TURN EITHER WAY IN BOX.
- 9. WALK OUT BOX, WALK OVER POLES.