

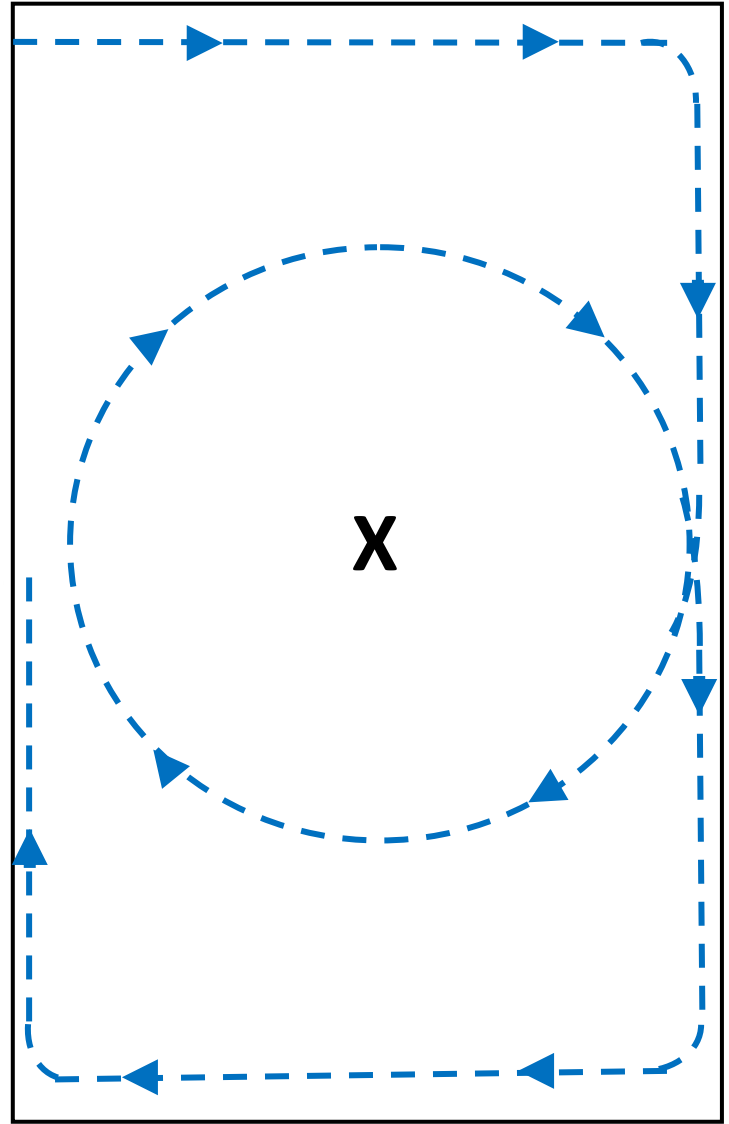
WORKOUT Z Ridden

A

KEY	
Walk	· - - -

Details:

- Enter arena at walk
- At end of arena turn right.
- At the centre point of the long side ride a 20 metre diameter circle. Continue to walk along the long side.
- Walk to the corner, turn right and walk down the short side.
- At the corner, turn right and walk halfway along the long side.
- Halt in front of the camera position.
- Halt 8x seconds
- Leave arena in walk



C