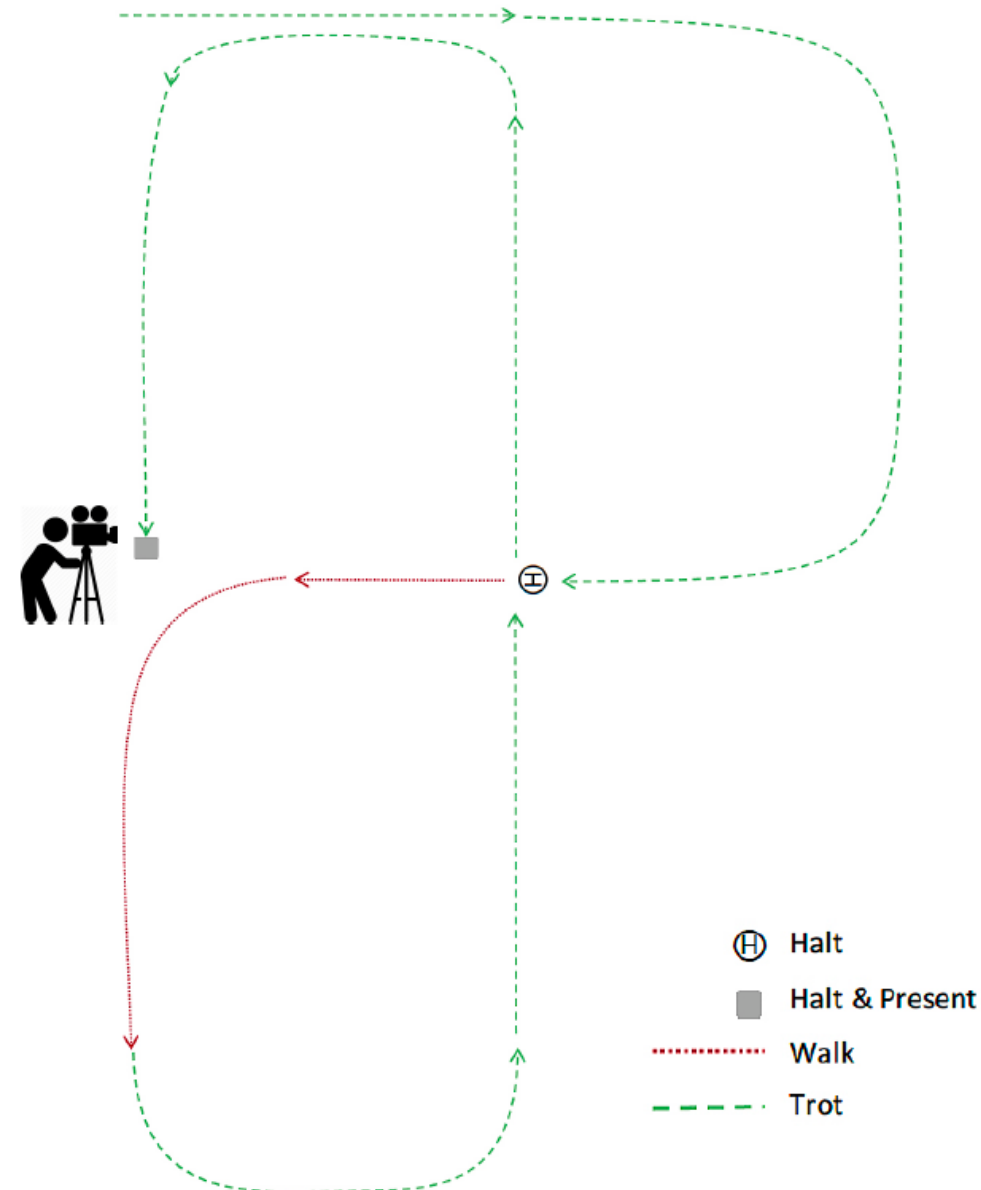


# WORKOUT C In Hand



## Details:

- Enter arena at trot
- At top of arena turn right.
- At centre of long side, turn right towards the camera.
- At centre halt for 4x seconds.
- Walk towards the camera
- Turn left.
- At the corner trot left.
- At the centre, turn left across the arena. Trot to the end.
- Turn left
- Turn left again at the corner
- Halt and present in front of the camera.