



Recommended for small arenas.

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