



## TRAIL

- 1) JOG OVER POLES SHOWN ----
- 2) WALK OVER POLES, STOP IN THE BOX, EXECUTE 360 TURN, WALK .....
- 3) ~~THE~~ LOPE LEFT LEAD OVER POLES —
- 4) JOG OVER POLES ----
- 5) LOPE RIGHT LEAD OVER POLES —
- 6) JOG OVER POLES ----
- 7) JOG SERPENTINE ----
- 8) WALK GATE RIGHT HAND, WALK OVER POLES .....