



KEY

- WALK
- - - - - JOG
- LOPE
- /////// BACK
- MARKER
- RECOMMENDED CHANGING AREA
- LOG

INSTRUCTIONS

1. Walk, transition to jog, jog over log
2. Transition to the lope, on the right lead
3. First line change
4. Second line change lope around the end of arena
5. First crossing change
6. Second crossing change
7. Third crossing change
8. Lope over log
9. Lope, stop & back

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