



**INSTRUCTIONS**

1. Begin before A. Walk to A.
2. At A jog serpentine through B & C and in a circle around D.
3. When even with C break down to walk to B.
4. At B stop. Back.
5. Jog forward until even with A.
6. Break down to a walk and exit arena at a walk.

**KEY**

.....	WALK
-----	JOG
-----	EXTENDED JOG
//////	BACK
≈	CHANGE LEADS