

- 1. Walk over poles (2ft apart)
- 2. Jog cones as shown (7ft apart)
- 3.lope over pole and then transition to jog. jog in backup.
- 4. back up and back out
- 5. Turn and walk over bridge
- 6. jog to mail box, STOP. get mail.
- 7. Exit pattern at a walk

