



TRAIL HORSE W+T

- 1) JOG OVER POLES SHOWN ----
- 2) WALK OVER POLES, STOP IN THE BOX, EXECUTE 360 TURN RIGHT, WALK
- 3) JOG OVER POLES ---
- 4) JOG OVER POLES ---
- 5) WALK OVER POLES
- 6) JOG SERPENTINE ----
- 7) WALK GATE RIGHT HAND, WALK OVER POLES