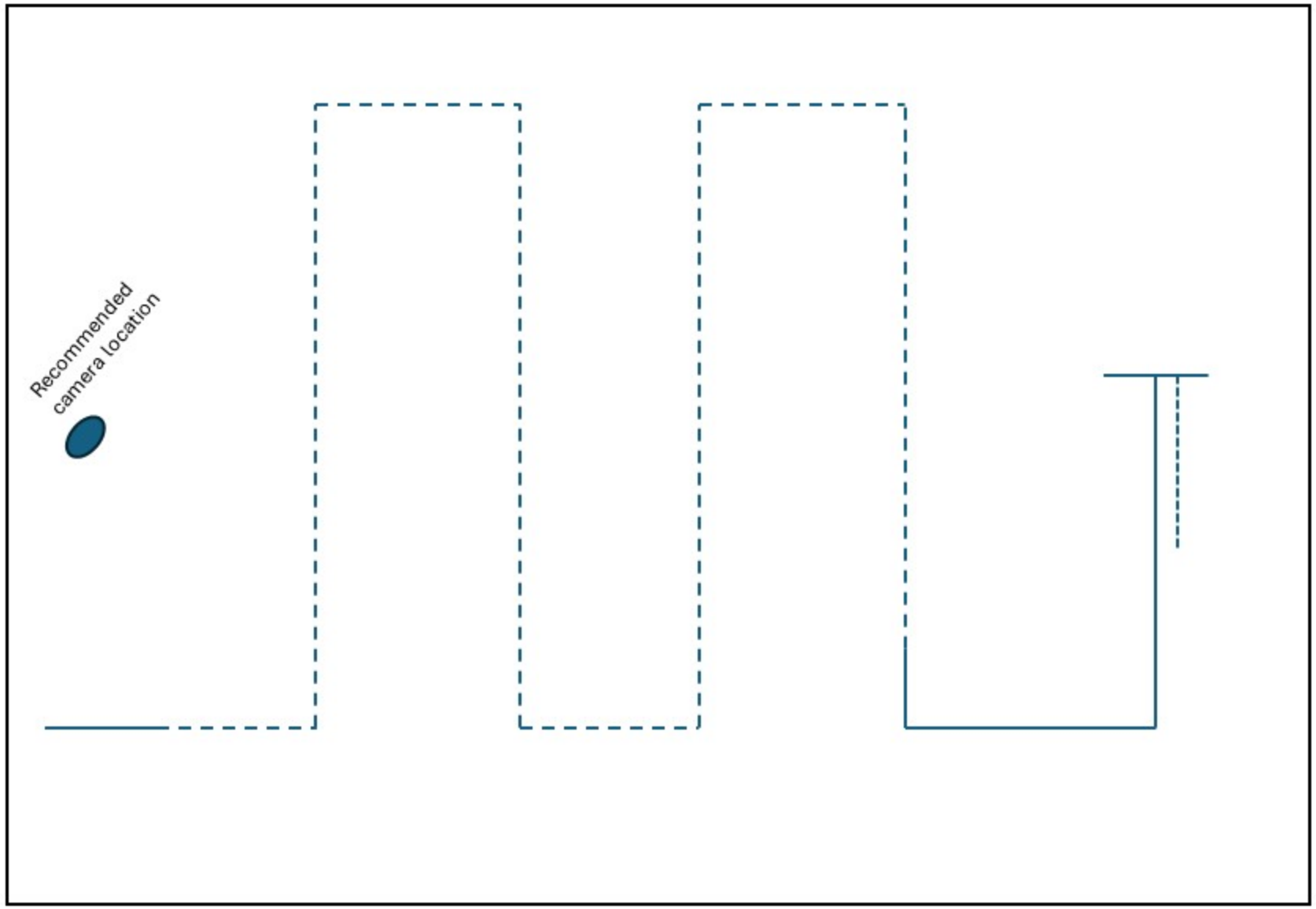

INSTRUCTIONS

Walk 2-5 strides

Pick up a trot.

Complete 2 serpentine passes at a trot.

Walk.

Complete half a serpentine pass.

Halt at centre, hold for a count of 5.

Back 5 strides.