7 6

8

4

9

10 3

5

2

START 1

FINISH

1. Walk into box, 360 either direction, walk out
2. Jog poles
3. Jog poles
4. Jog poles
5. Jog poles
6. Jog poles
7. Jog thru serpentine and to gate
8. Right hand gate
9. Back into chute, jog out
10. Jog thru poles