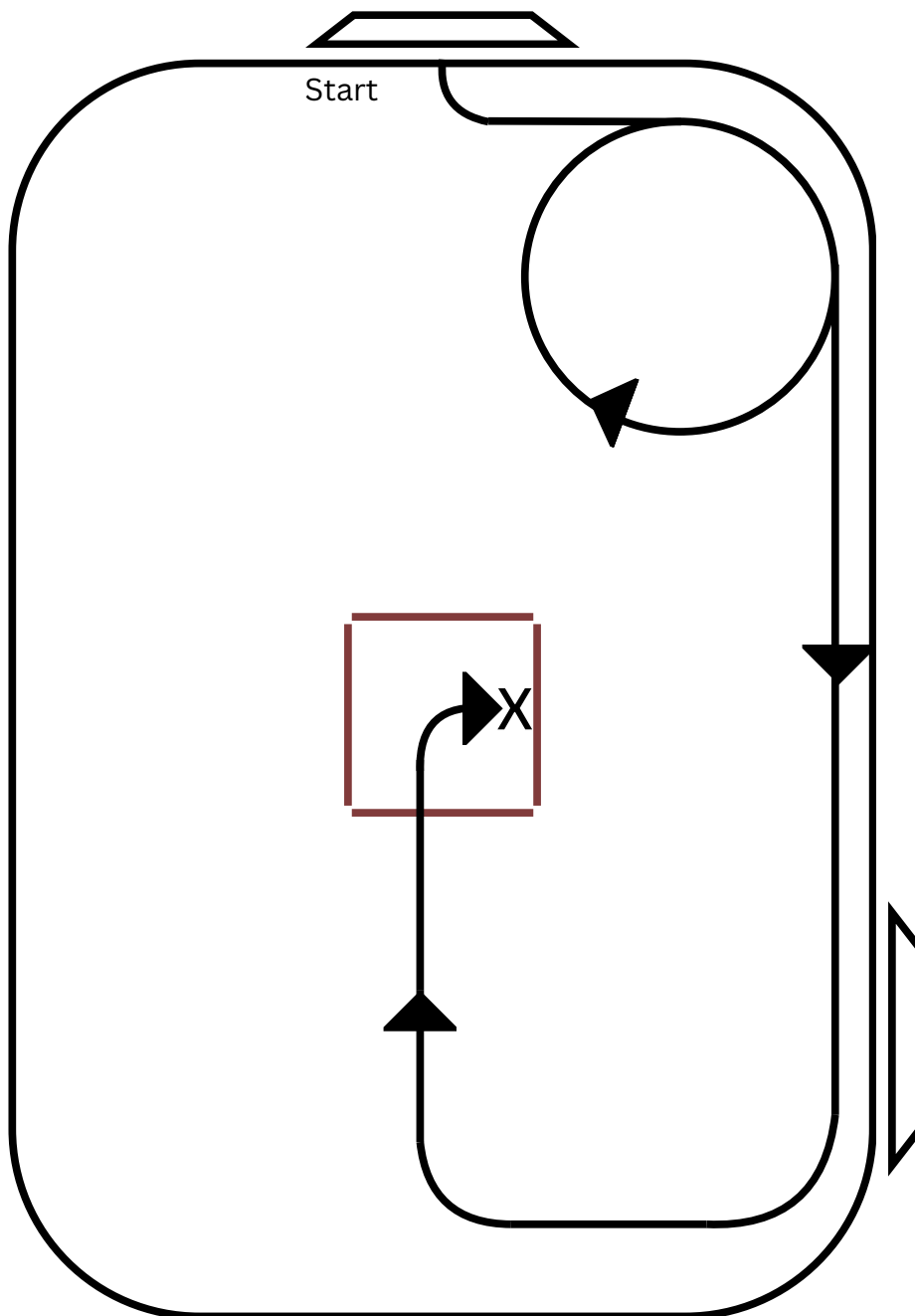


# Pole Box Pattern - Walk



— Walk

X Jog

1. Walk out of covered arena, turn left
2. Circle in first arena corner
3. Walk along long edge of rail
4. Turn to bottom of arena
5. Walk to the box
6. Pivot right and stop