

1. Walk to marker

5. Jog 2 turns left

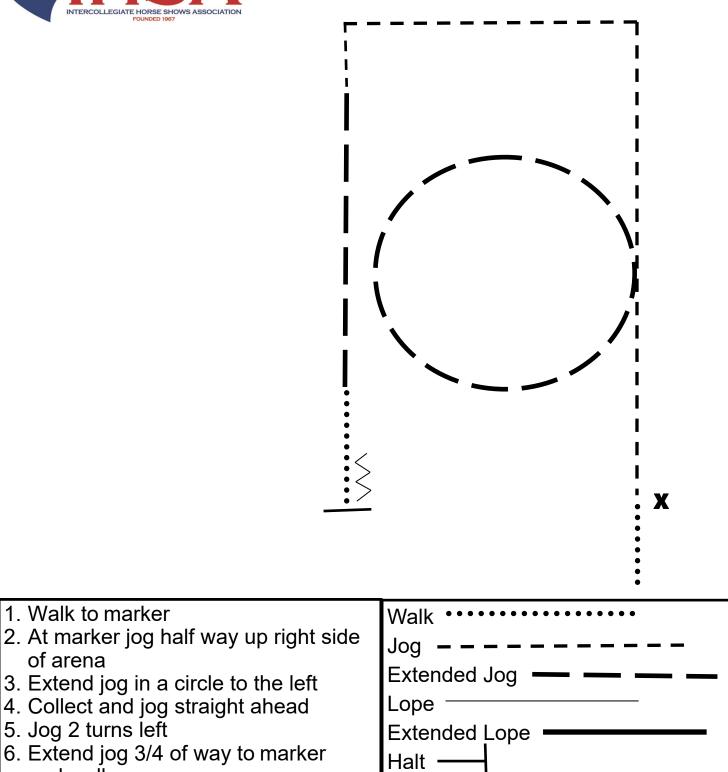
7. Once even with marker stop and

back 4 steps. Return to lineup

and walk

of arena

Beginner L



Cone X

Back Up 🔨