



Walk Jog Test 2©

- 1 A Enter Working Jog.
- 8 Stop through Walk. Salute
Continue Working Jog.
- 2 C Turn Left.
- 3 H 10 M circle Left Working Jog. Continue to S.
- 4 S 20 M circle Left Free Jog. Continue to K.
- 5 K Working Jog.
- 6 Between J&A Working Walk.
- 7 F-8-H Change direction Free Walk.
- 8 H Working Walk.
- 9 C Working Jog.
- 10 M Free Jog.
- 11 P 20 M circle Right Free Jog. Continue to F.
- 12 F 10 M circle Right Working Jog. Continue to A.
- 13 A Free Jog.
Continue to H.
- 14 H Working Jog.
- 15 Between Q&C Working Walk.
- 16 M-8-K Change direction Free Walk.
- 17 Between K&J Working Jog.
- 18 A Turn down centerline.
- 8 Stop through Walk.
Back 4-6 steps. Salute.