



Walk Jog Lope Test 2©

1. A Enter Working Jog.
8 Stop. Back 4-6 steps. Salute.
Proceed Working Jog.
2. C Turn Right.
3. M Free Jog.
B 20 M circle Right.
4. B 10 M circle Right Working Jog.
5. B 20 M circle Right Working Lope.
Continue to F.
6. Between
F-N Working Jog.
7. J Working Walk.
8. K-8-M Change direction Free Walk.
M Working Walk.
9. C Free Jog.
E 20 M circle Left.
10. E 10 M circle Left Working Jog.
11. E 20 M circle Left Working Lope.
Continue to K.
12. Between K-J
Working Jog.
13. A Turn down centerline.
8 Stop. Salute.