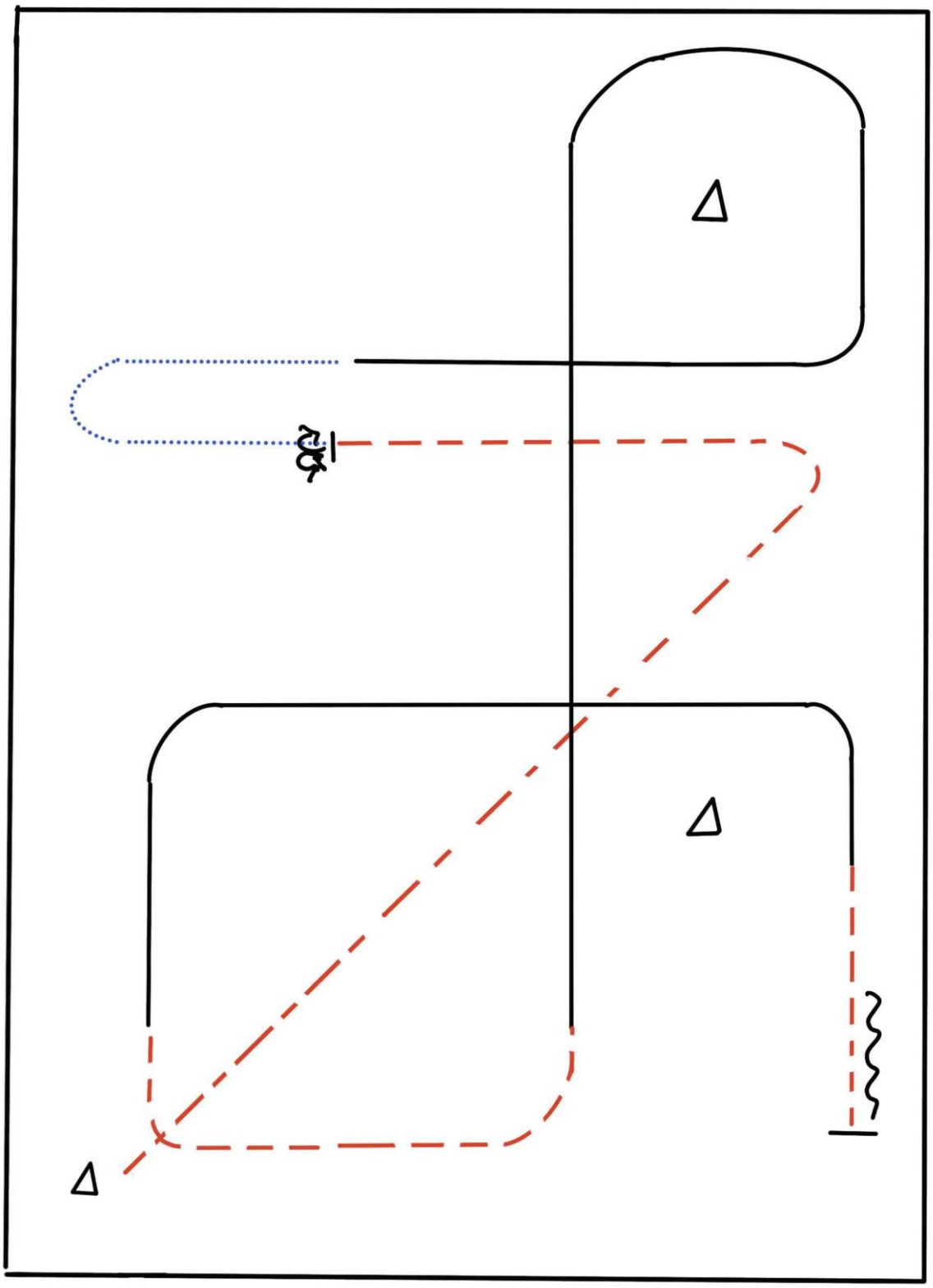
WHS LK 3 A/B



Be ready at Marker

1. Extended Jog, Jog, Stop
2. 360° Turn each direction
3. Walk
4. Lope LL
5. Jog
6. Lope RL
7. Jog, Stop
8. Back up