

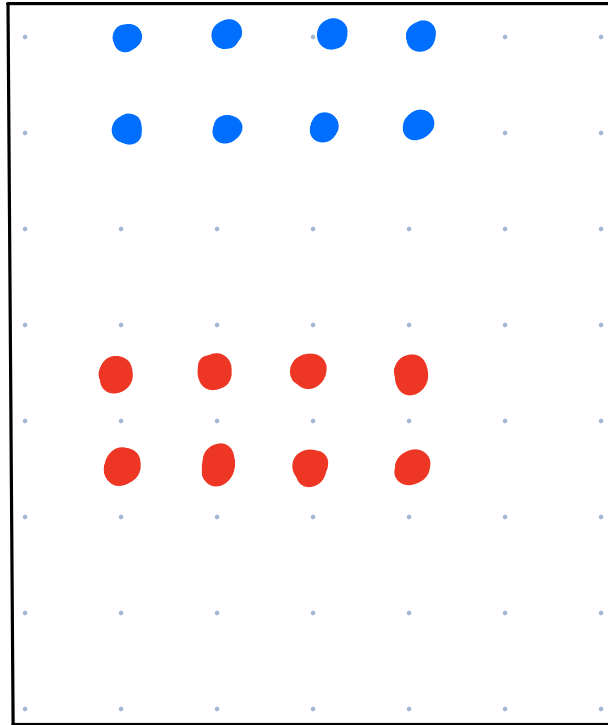
— Fitness (Faster)



— Active (Slower)



Starting Position

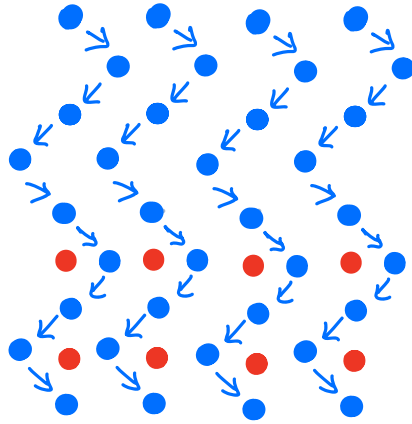


Leave 2 open markers on this side

Front
Leave 3 open markers in front

2

Entrance

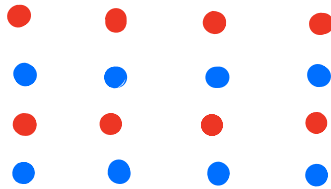


XXII - XXIX

Fitness part moves 1 arrow every 4 counts

3

Main Part 1

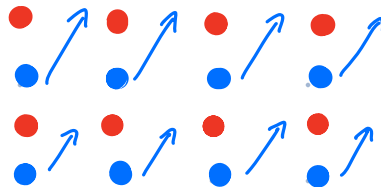


XXX

4

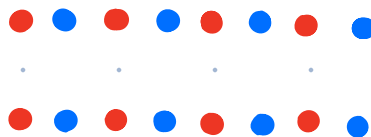
Main part 2

A.



XXXVIII-XXXIX

B.

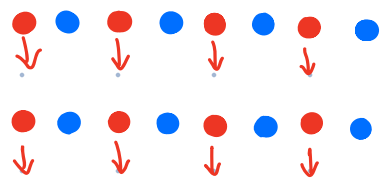


XL

5

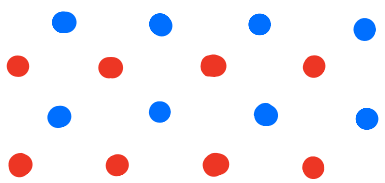
Main part 3

A.



XLVI-XLVII

B.

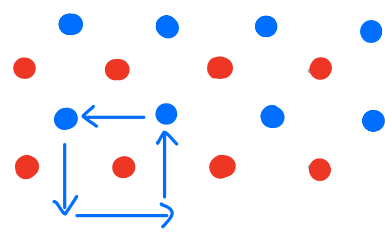


XLVII

6

Main part 4

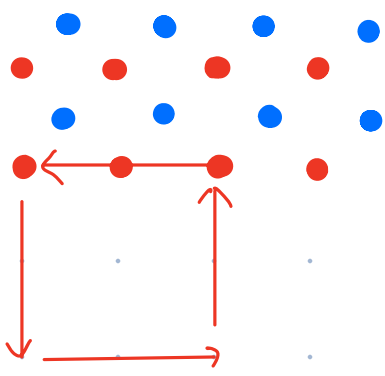
a.



LXXIV-LXXXVII

Fitness group moves one arrow (1 marker) every 4 counts

b.



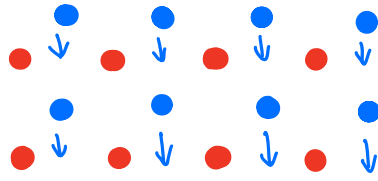
LXXVIII-LXXXV

Active group moves one arrow (2 markers) every 8 counts

7

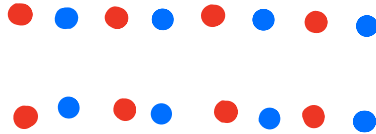
Main part 5

a.



CIX

b.

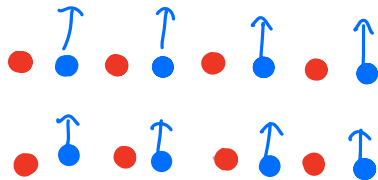


CX-CXII

-Everyone moves forward 1 and 1/2 markers
 -Then going towards back travel to position from the start of 7a

8

Main Part 6



CXVII

CXVII-CXIX

Fitness Group moves
 1 marker every 8
 steps/counts

9

Ending

