

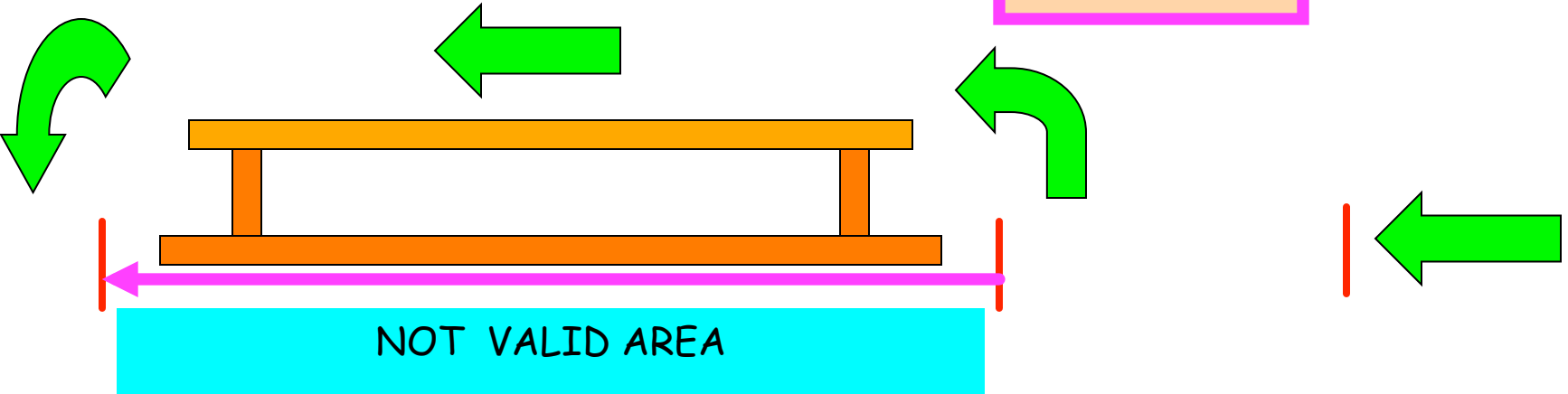


DON'T STEP ON THE LINE

DON'T STEP ON THE LINE

LIE DOWN ON YOUR STOMACH. LISTEN FOR READY GO!!

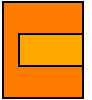
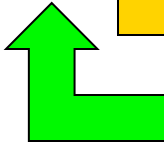
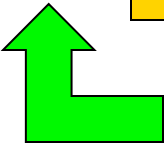
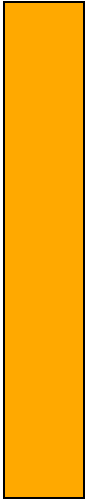
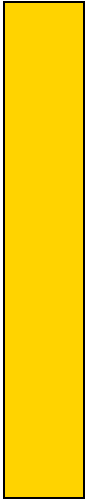
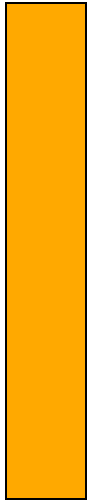
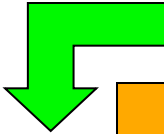
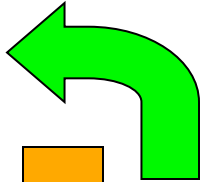
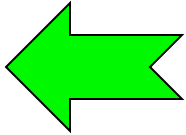
GREEN ARROW SHOW THE WAY



NOT VALID AREA



RUN ZIG-ZAG
AROUND THE
BENCHES.
(STARTING
FROM THE
SIDE YOU
PREFER)



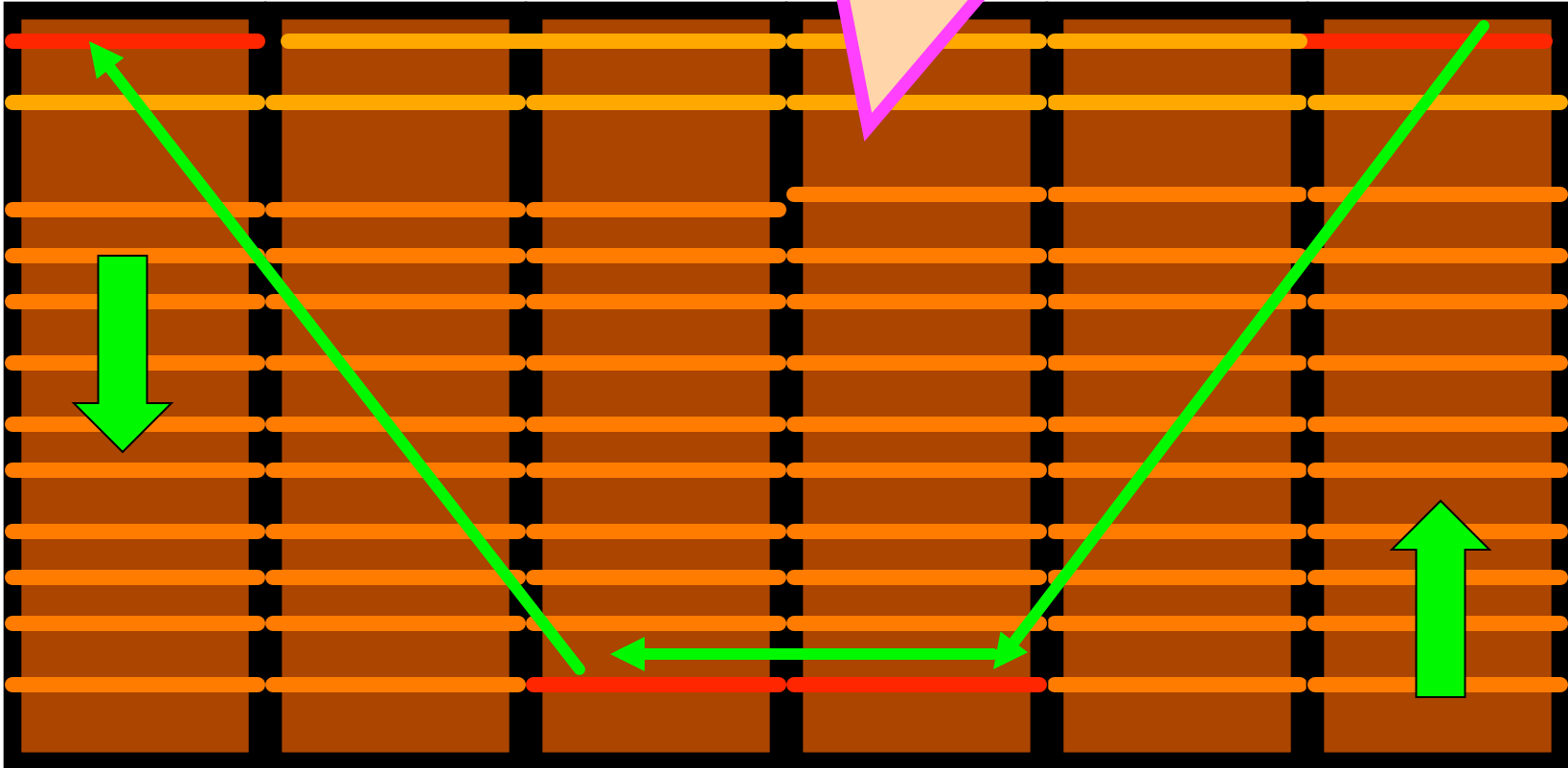
YOU CANNOT
JUMP ON THE
BENCHES

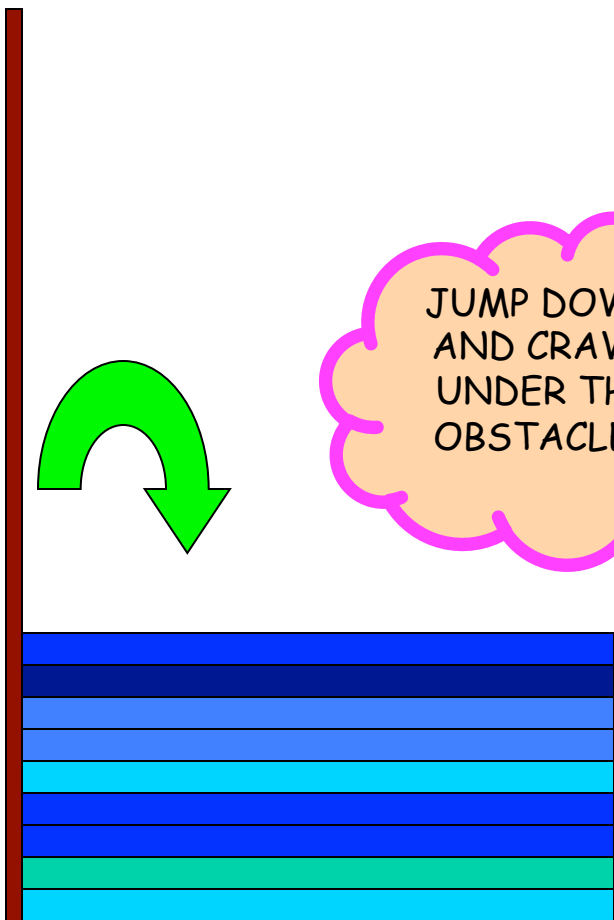


TOUCH THE
BAR WITH
BOTH HANDS

TOUCH WITH AT LEAST ONE
FOOT. DON'T TOUCH THE
GROUND

TOUCH THE
BAR WITH
BOTH HANDS

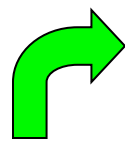
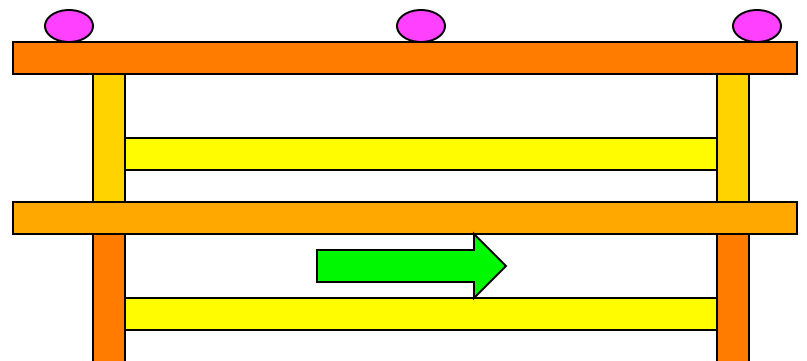




JUMP DOWN
AND CRAWL
UNDER THE
OBSTACLES

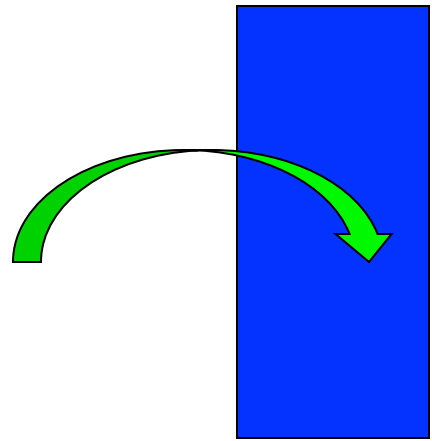
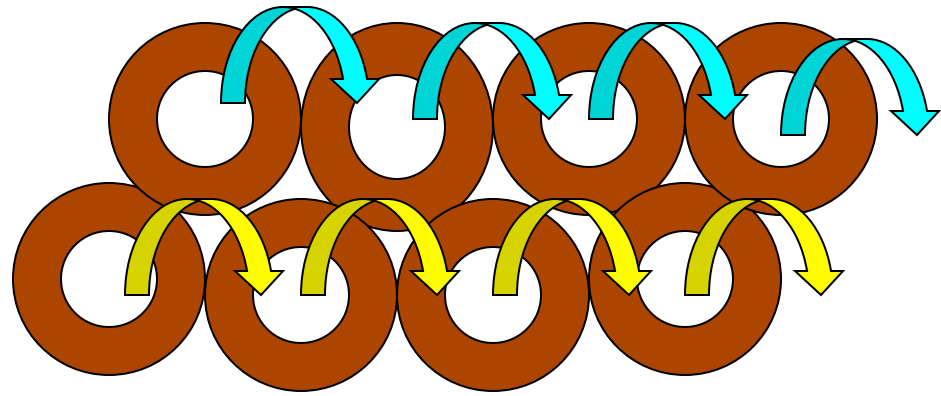
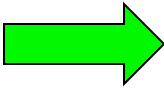
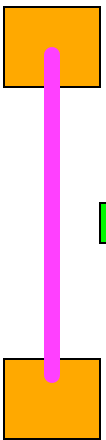


IF THE OBSTACLE
FALLS DOWN, IT
IS NOT VALID





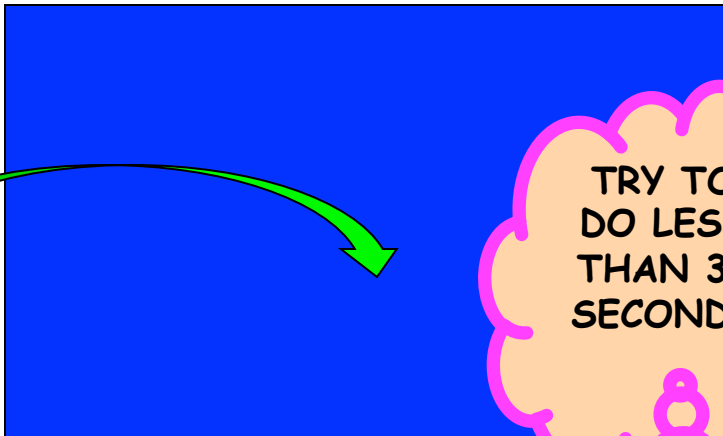
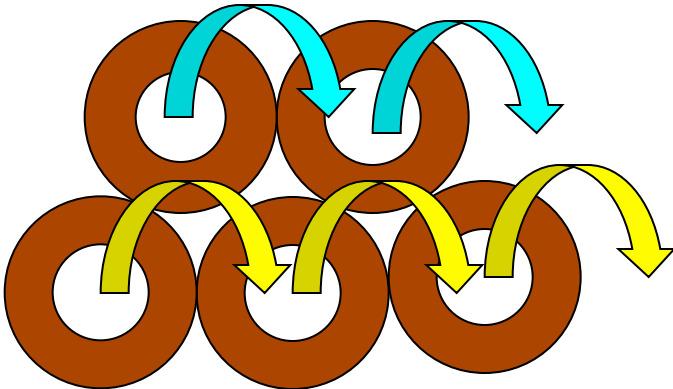
LEFT FOOT



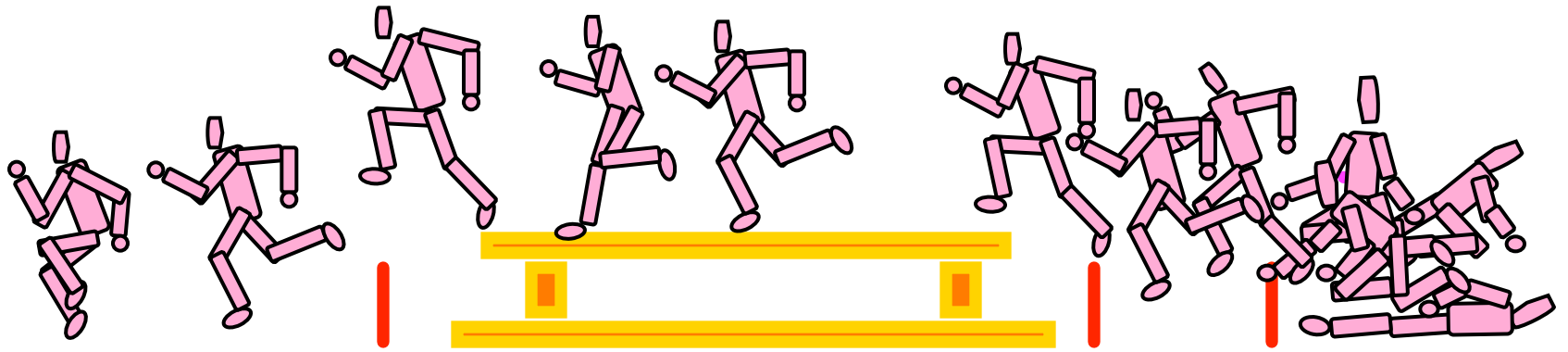
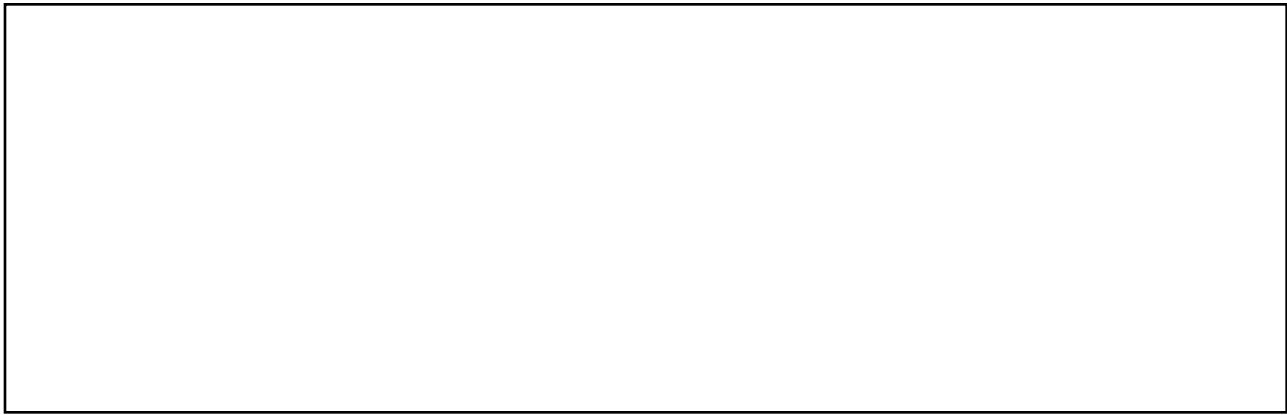
RIGHT FOOT

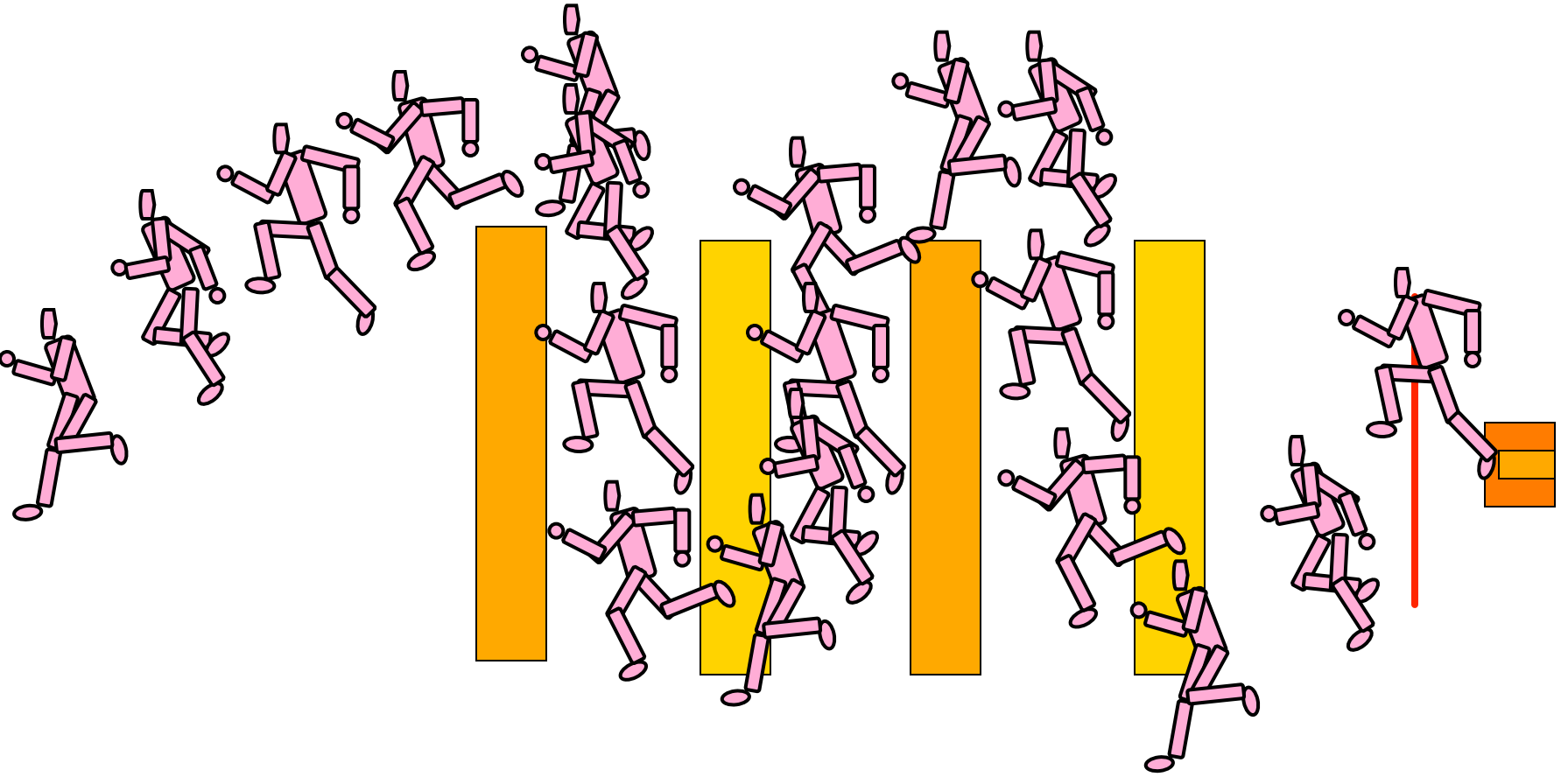


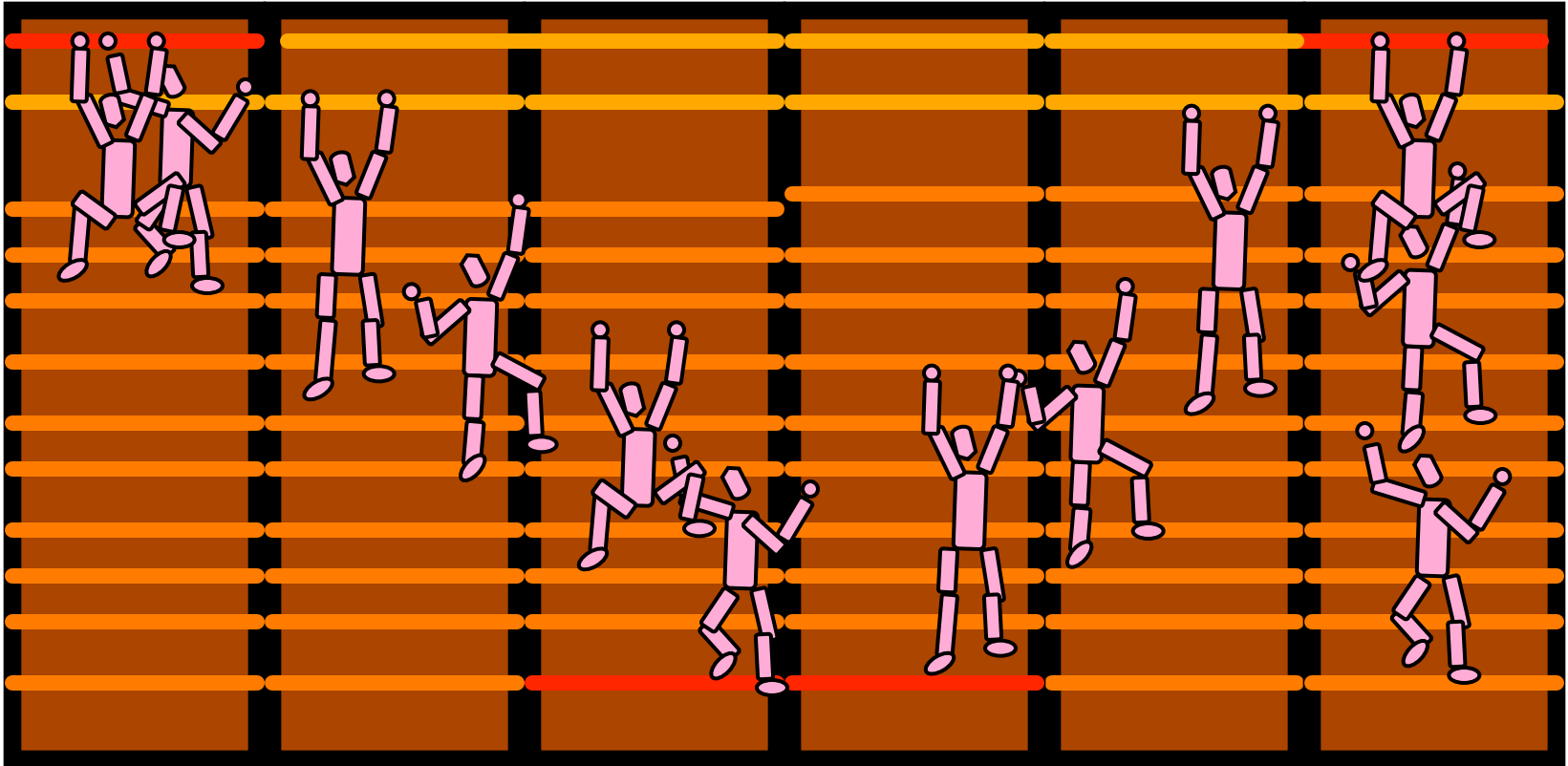
THE TIME STOPS
WHEN YOUR
TRUNK IS ON THE
MAT

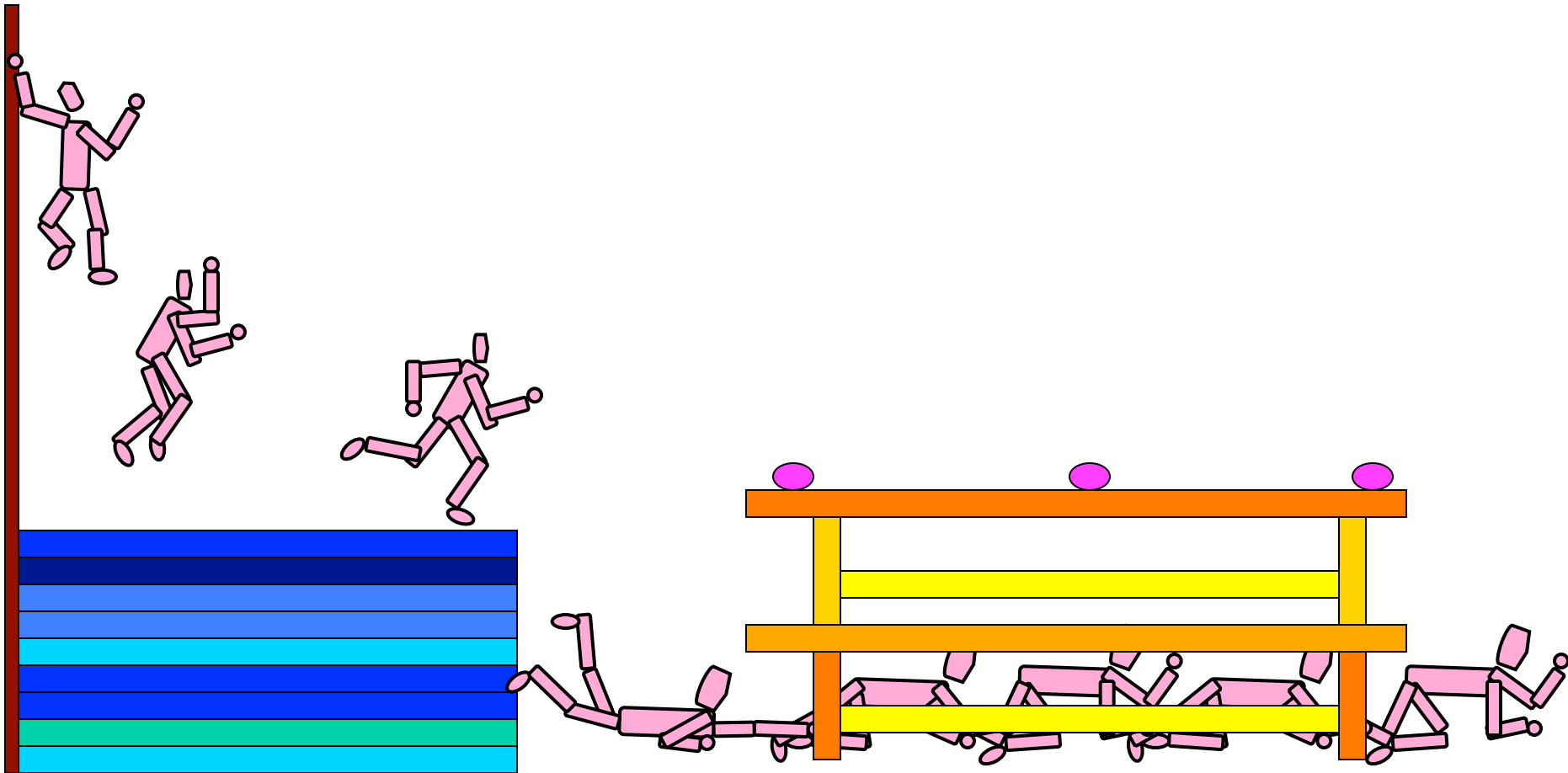
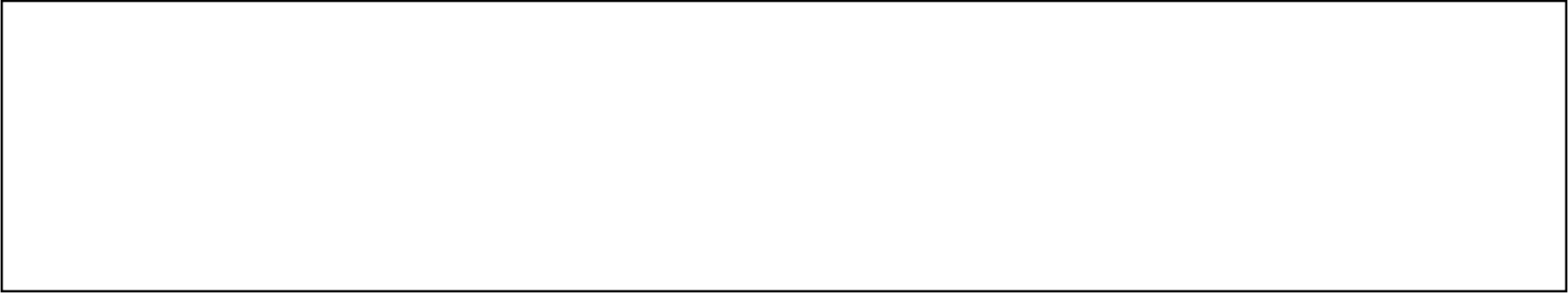


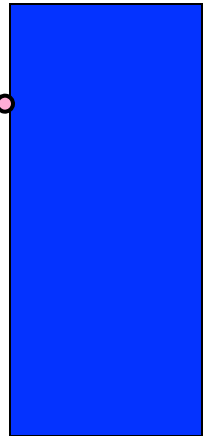
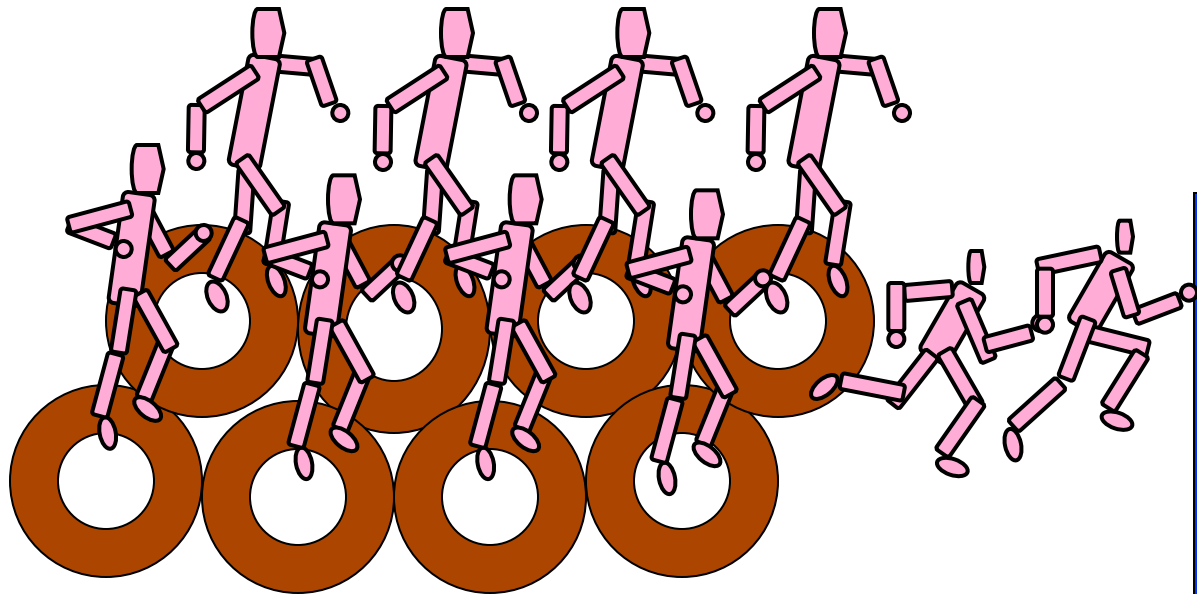
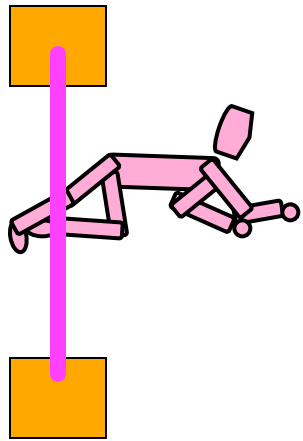
TRY TO
DO LESS
THAN 34
SECONDS

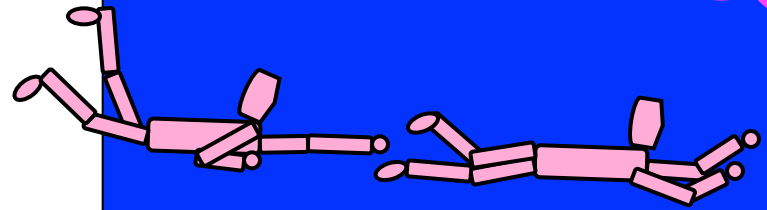
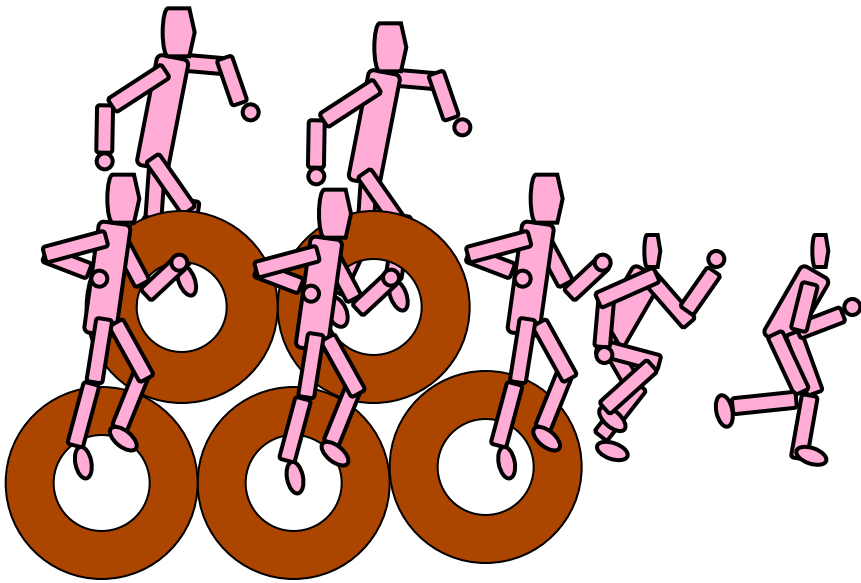












WELL
DONE!!
GREAT
EFFORT

