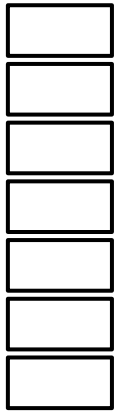
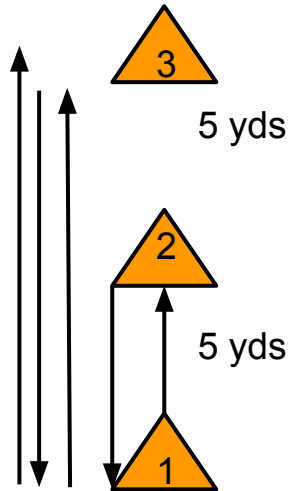


Circuit 2



1. Ladder. Focus on not looking at feet, knees up. Slow as necessary

2. Suicide. Always face one way, so cut off of opposite legs. cone 1 to 2 to 1 to 3 to 1 then *run through 3*

3. Cut from cone 4 to 5 to 6, then walk to 4. Cut from 4 to 5 to 7

4. Jump over cone 8, then run to cone 9, no pause between landing and running. Same thing back

