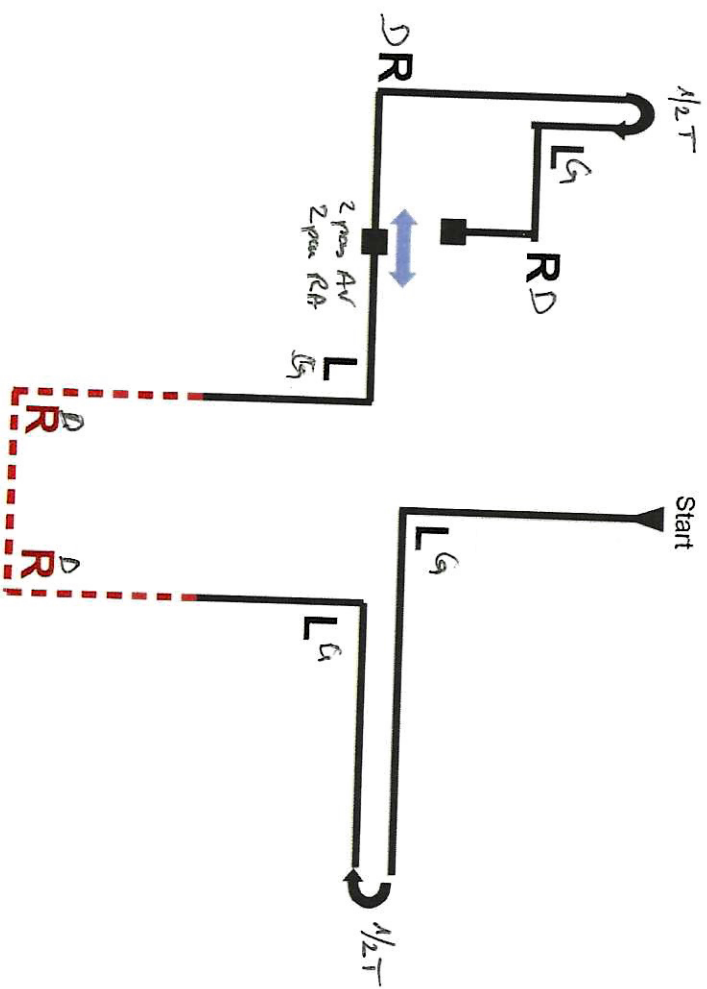
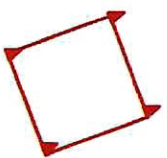


Ring 1 25 x 40 m – Heelwork class 1

R



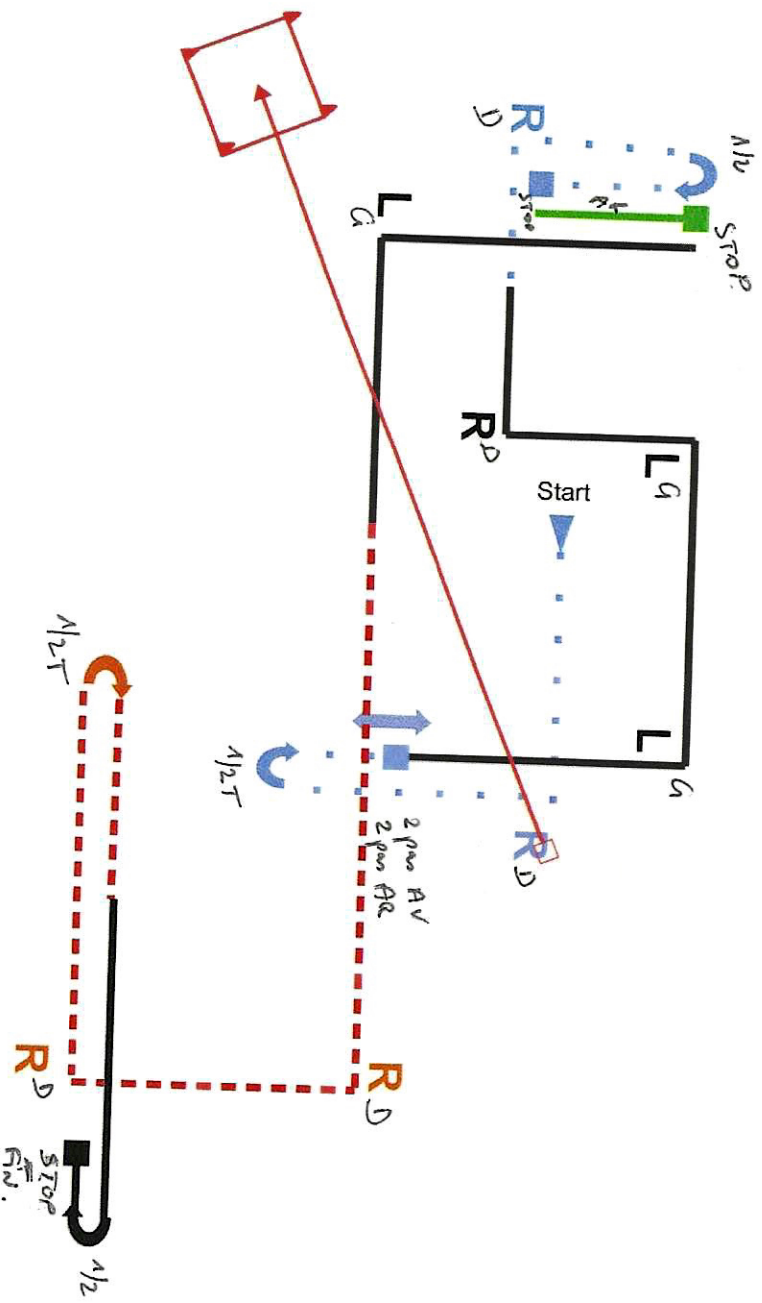
Normal pace go
 To the left
 About turn
 To the left
Fast pace
 To the right
 To the right

Normal pace
 To the left
 stop
 Two steps forward
 Two steps backwards
 Normal pace go
 To the right

About turn
 To the left
 To the right
 Stop, End of exercise

Ring 2 →

Ring 1 25 x 40 m – Heelwork class 2



Slow pace go
 To the right
 About turn
 Stop
 Two steps forward
 Two steps backwards
 Normal pace go

To the left
 To the left
 To the right
 Slow pace
 To the right
 About turn
 Stop

Backwards go
 Stop
 Normal pace go
 To the left
 Fast pace
 To the right
 To the right

About turn
 Normal pace
 About turn
 Stop
 End of exercise

