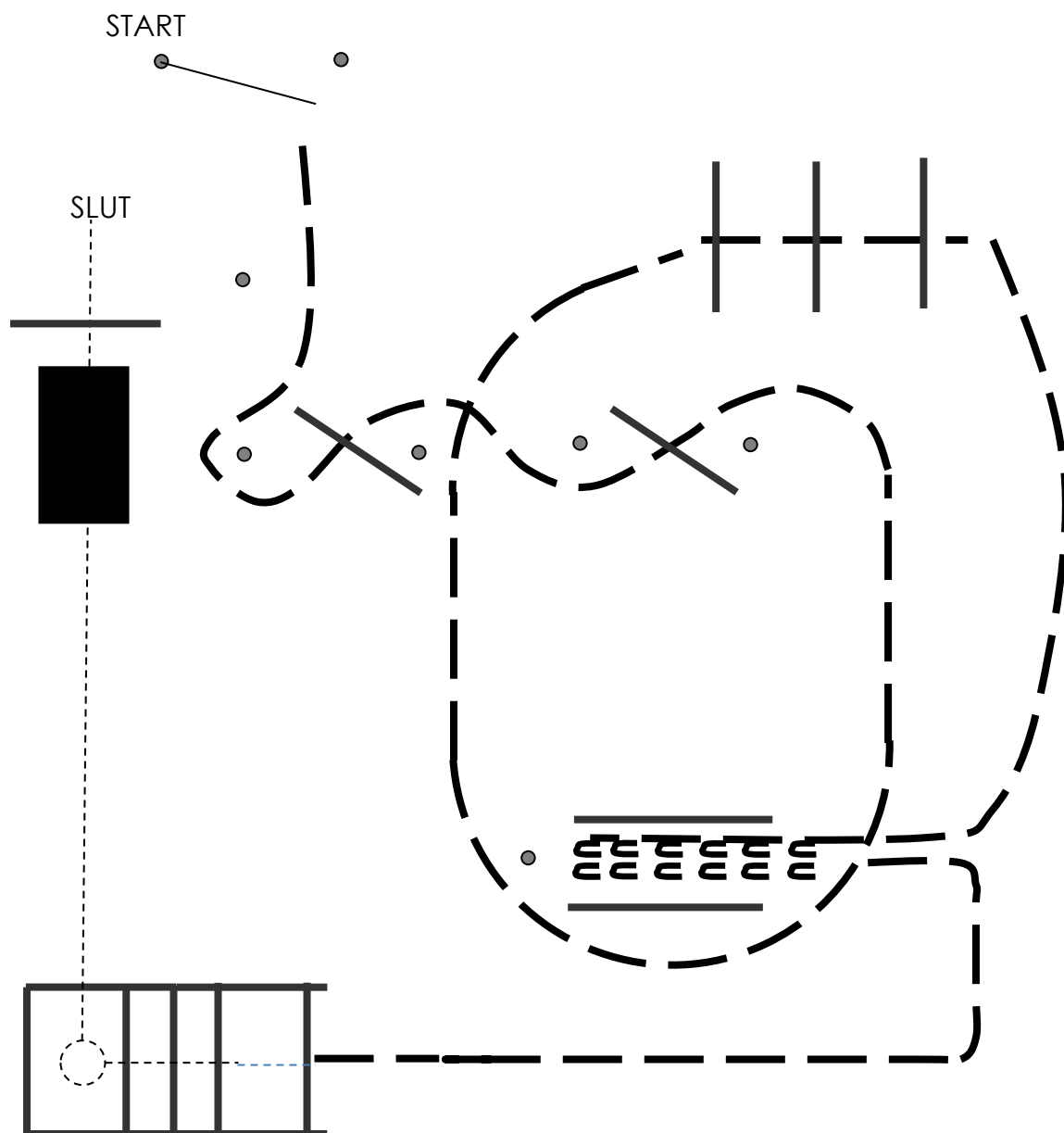


TRAIL AT HAND



1. Grind
2. Jog serpentin
3. Jog bommar
4. Jog in - Back
5. Jog - skritt in i fyrkant
6. Skritta bommar, vänd $1\frac{1}{4}$ varv höger
7. Skritta bro m bom