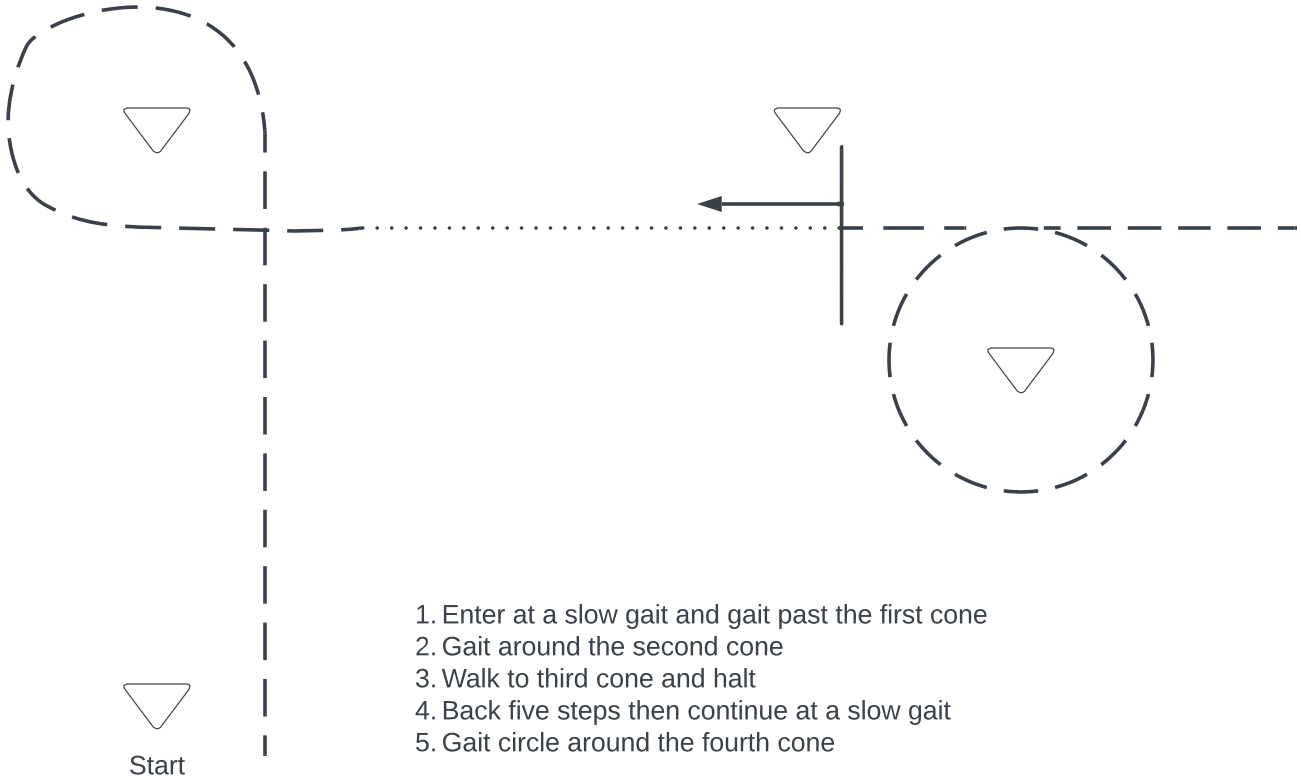

1. Enter at a slow gait and gait past the first cone
2. Gait around the second cone
3. Walk to third cone and halt
4. Back five steps then continue at a slow gait
5. Gait circle around the fourth cone