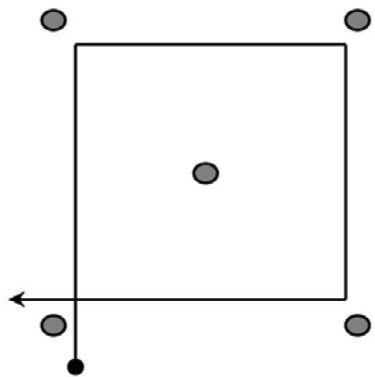
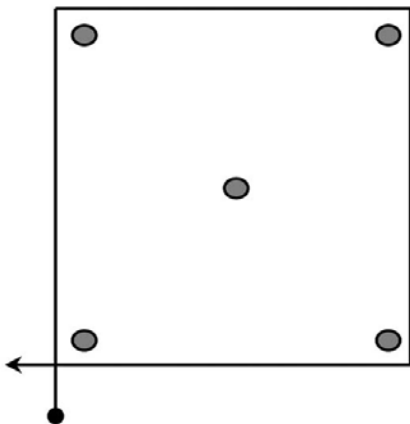


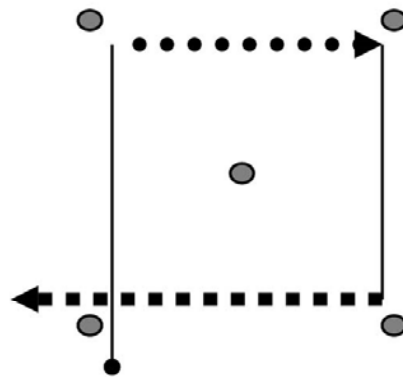
Cone Agilities



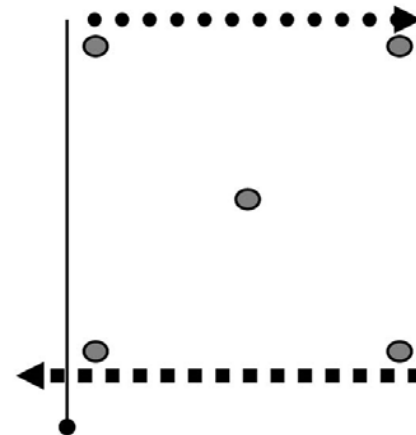
**Base Inside Box
(40 yards)**



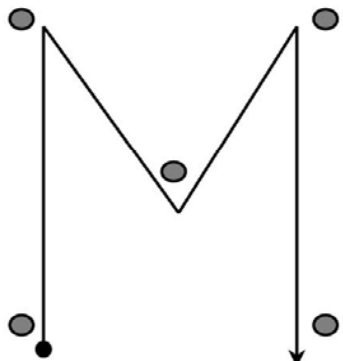
**Base Outside Box
(40 yards)**



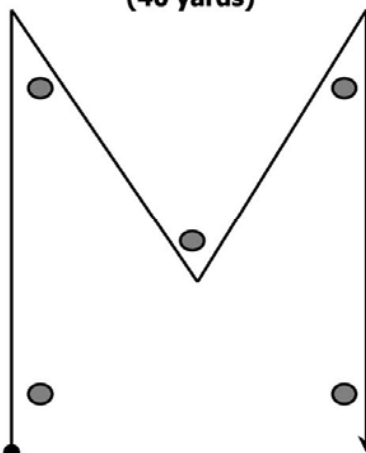
**Advanced Inside Box
(40 yards)**



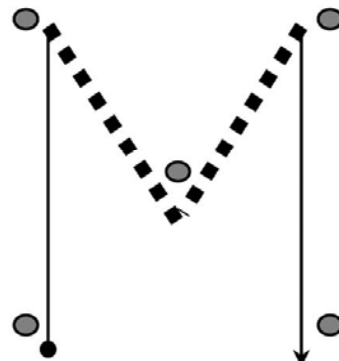
**Advanced Outside Box
(40 yards)**



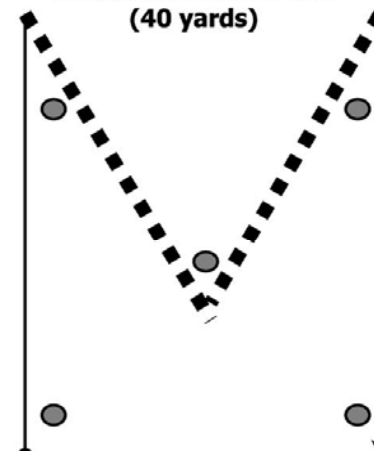
**Base Inside M
(30 yards)**



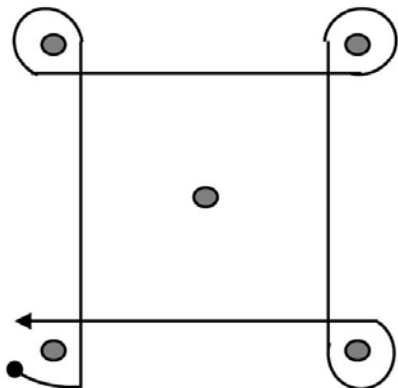
**Base Outside M
(30 yards)**



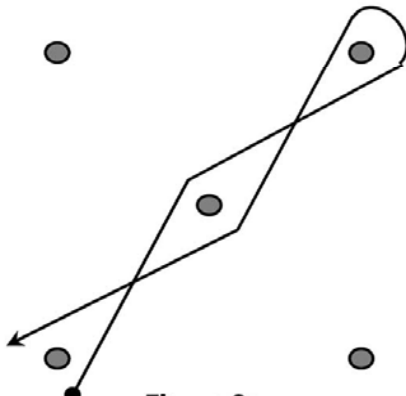
**Advanced Inside M
(30 yards)**



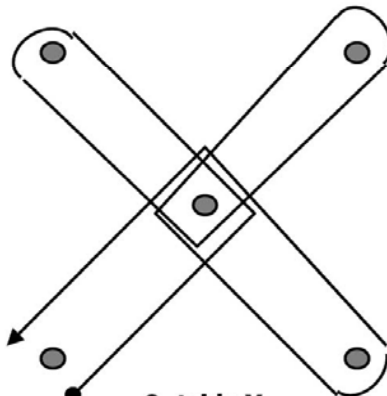
**Advanced Outside M
(30 yards)**



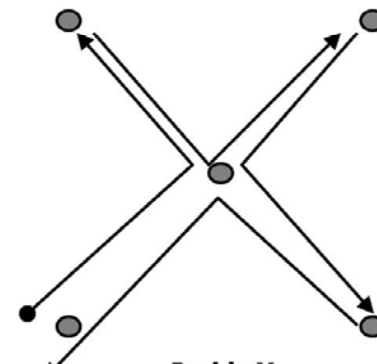
**360s
(40 yards)**



**Figure 8s
(28 yards)**



**Outside X
(56 yards)**



**Inside X
(45 yards)**

●●●●●●●▶ Carioca (dots)

-----▶ Sprint Backwards

■ ■ ■ ■ ■ ■ ■ ▶ Shuffle (squares)

————▶ Sprint