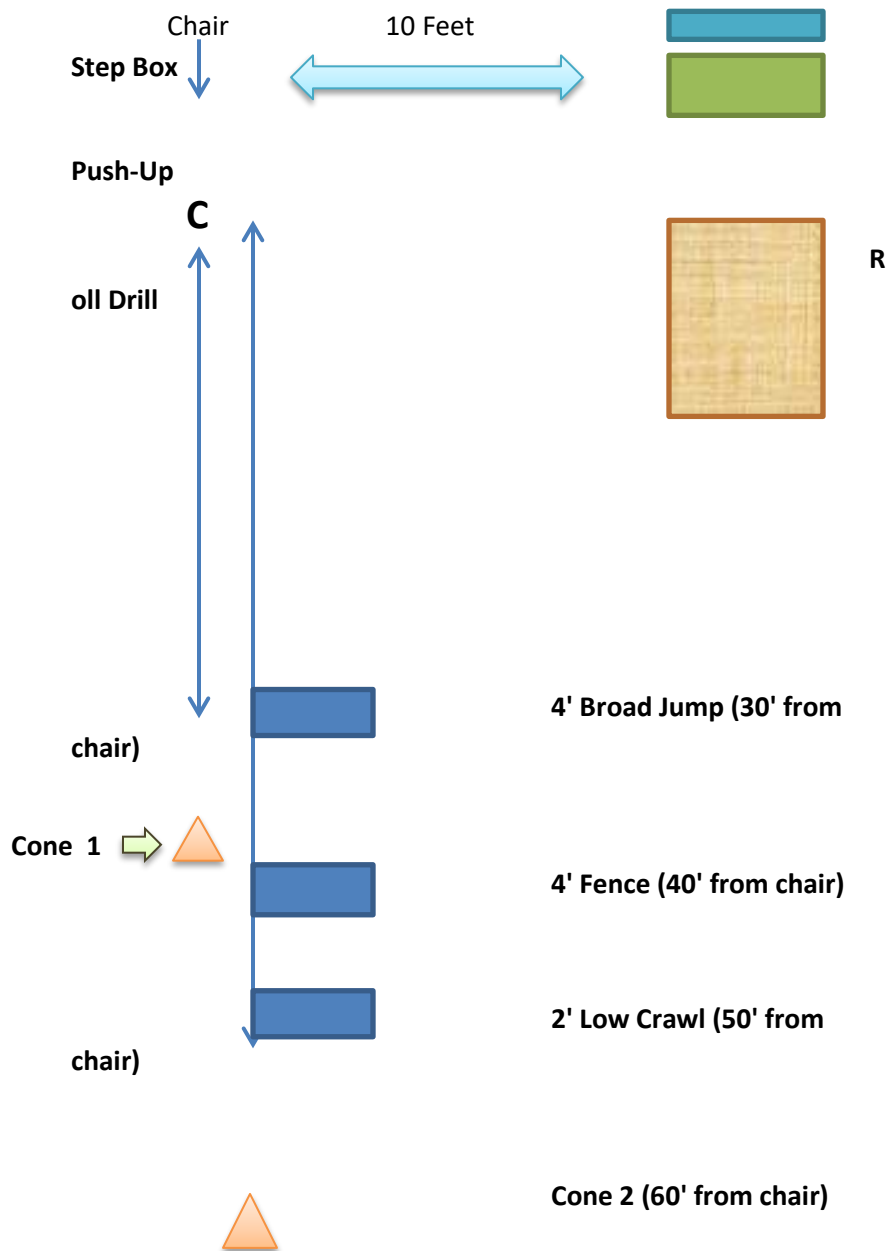


## Scenario #1: Chase and Apprehension



**Time: ≤ 6:54 to pass**

## Start Position in Chair:

- Chair to Cone 1 (40') and back (around chair) 2 times
- Chair to Cone 2 (60') while completing the following obstacles:
  - 4' Broad Jump
  - 4' "Fence" Climb
  - Crawl Under Obstacle (2' High)
- Cone 2 to mat
- "Roll Drill", 3 repetitions (a-d equals 1 repetition)
  - Begin on top of 100lb heavy bag with left knee on mat
  - Roll to right until bag is over body
  - Continue to roll in the same direction until back on top of heavy bag (complete when right knee touches mat)
- 17 push ups
- "Roll Drill", 3 repetitions
- Mat to Cone 2 while completing the following obstacles:
  - 4' Broad Jump
  - 4' Fence Climb
  - Crawl under obstacle (2' high)
- Cone 2 to step box
- 25 steps (up and down) on step box
- "Roll Drill", 3 repetitions
- 17 push ups
- "Roll Drill", 3 repetitions