Scenario #1: Chase and Apprehension

Start Position in Chair:

1. Chair to Cone 1 (40') and back (around chair) 2 times
2. Chair to Cone 2 (60') while completing the following obstacles:
   a. 4' Broad Jump
   b. 4' "Fence" Climb
   c. Crawl Under Obstacle (2' High)
3. Cone 2 to mat
4. "Roll Drill", 3 repetitions (a-d equals 1 repetition)
   a. Begin on top of 100lb heavy bag with left knee on mat
   b. Roll to right until bag is over body
   c. Continue to roll in the same direction until back on top of heavy bag (complete when right knee touches mat)
5. 17 push ups
6. "Roll Drill", 3 repetitions
7. Mat to Cone 2 while completing the following obstacles:
   a. 4' Broad Jump
   b. 4' Fence Climb
   c. Crawl under obstacle (2' high)
8. Cone 2 to step box
9. 25 steps (up and down) on step box
10. "Roll Drill", 3 repetitions
11. 17 push ups
12. "Roll Drill", 3 repetitions

Time: < 6:54 to pass