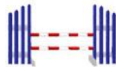
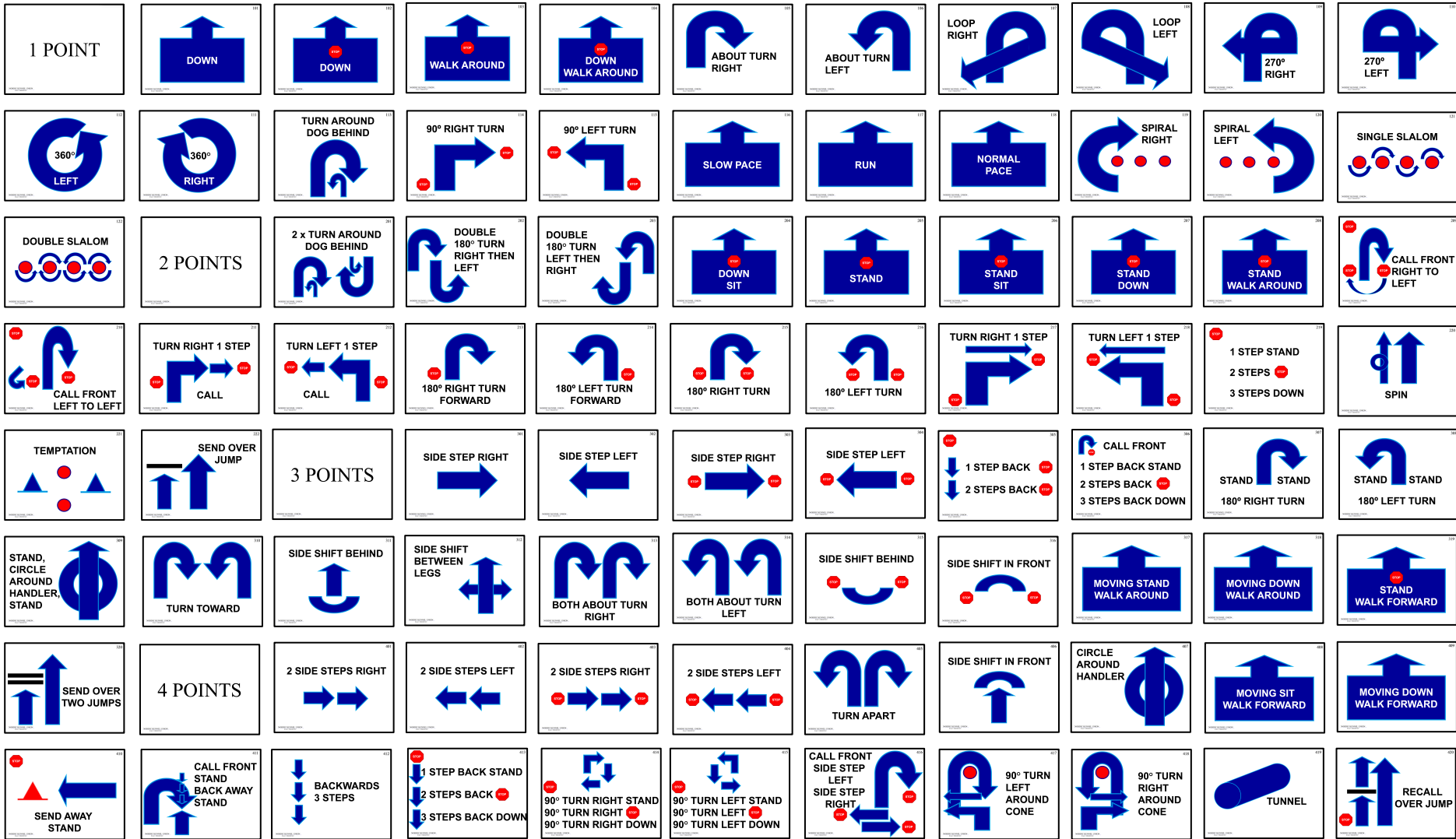


Nordic Exercises

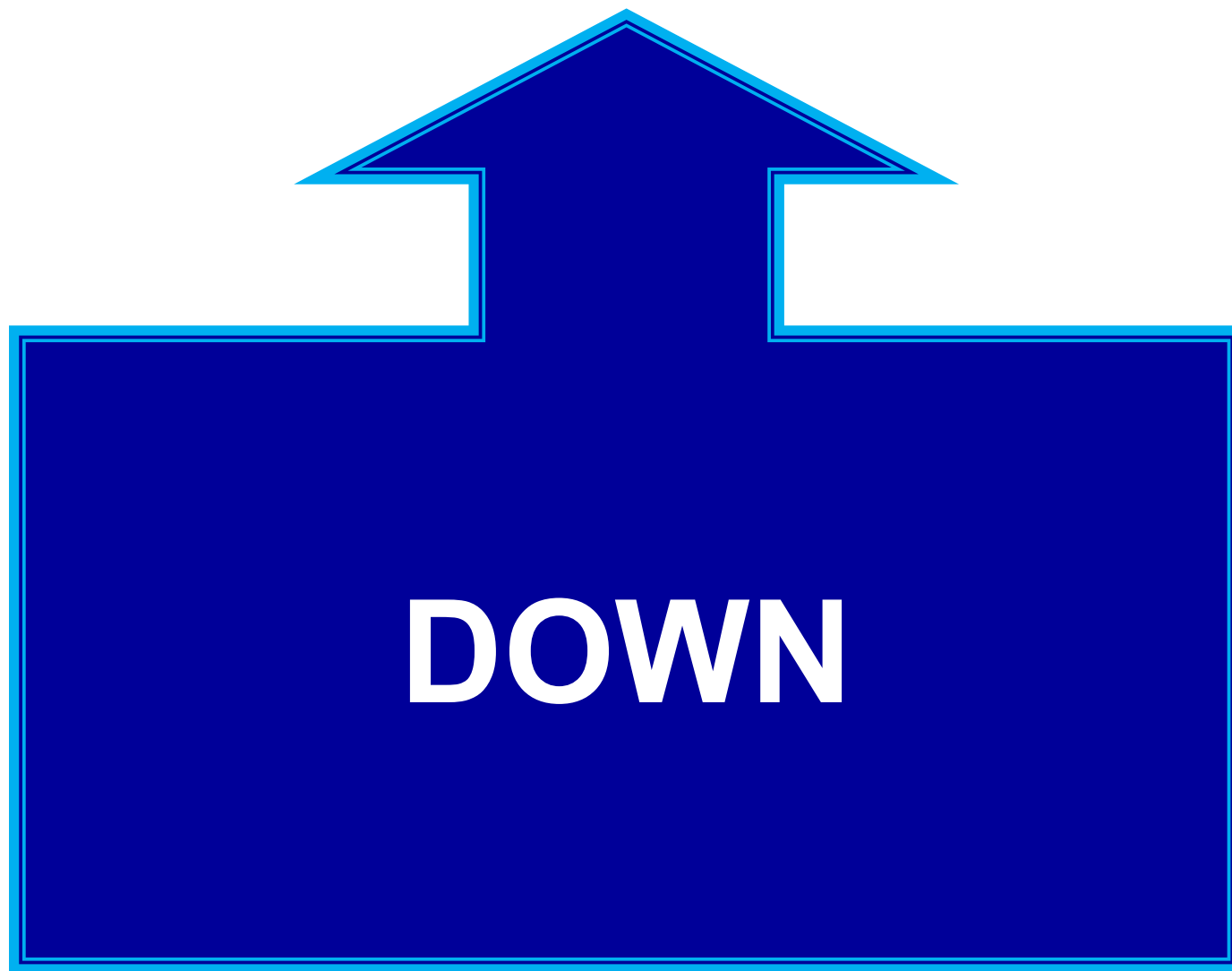


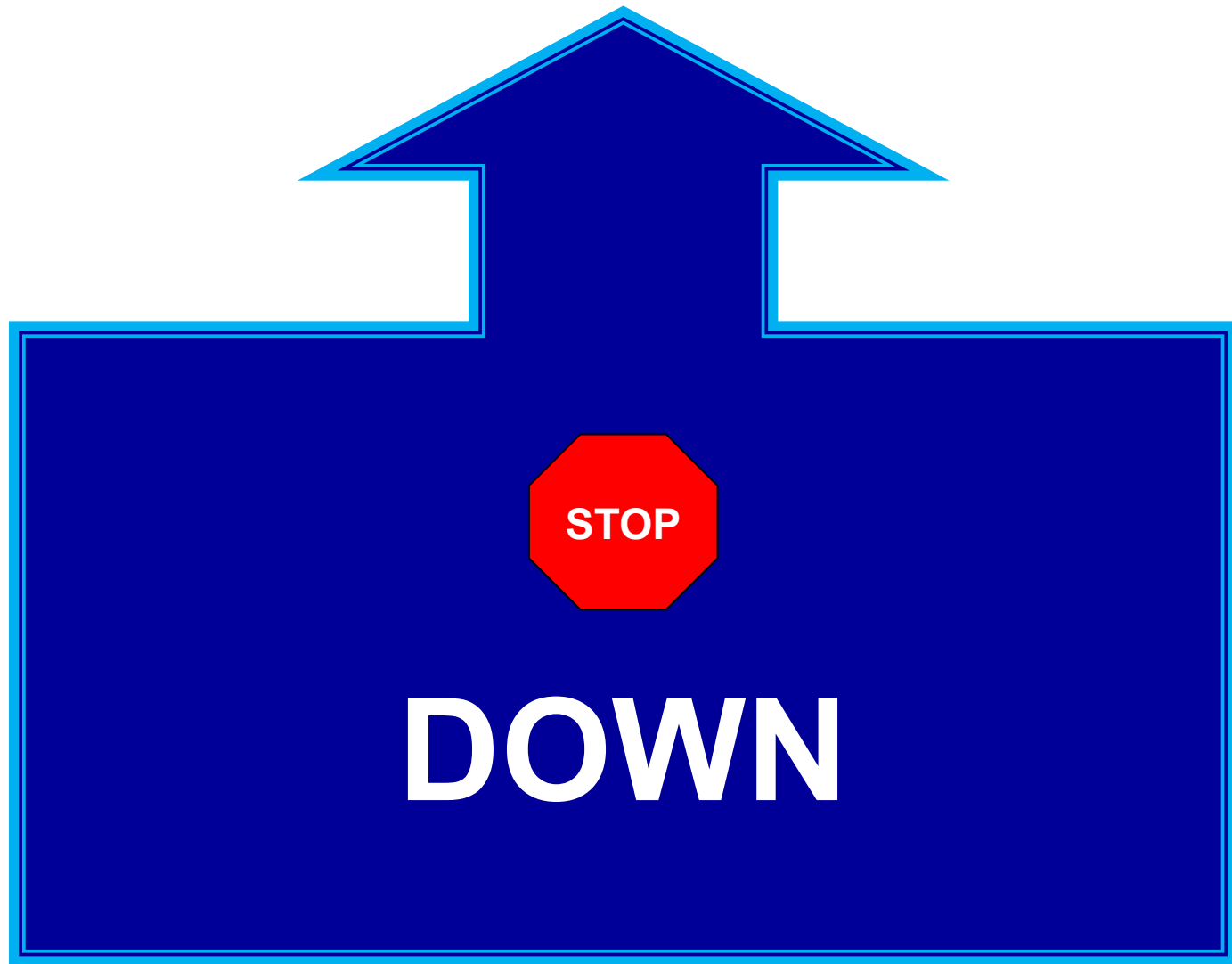
A 3D rectangular box with a blue gradient, appearing to have depth. The front face is a solid dark blue rectangle. The word "START" is written in a large, white, serif font, centered on the front face. The box has a thin blue outline and a slight shadow on the bottom and right sides, giving it a three-dimensional appearance.

START



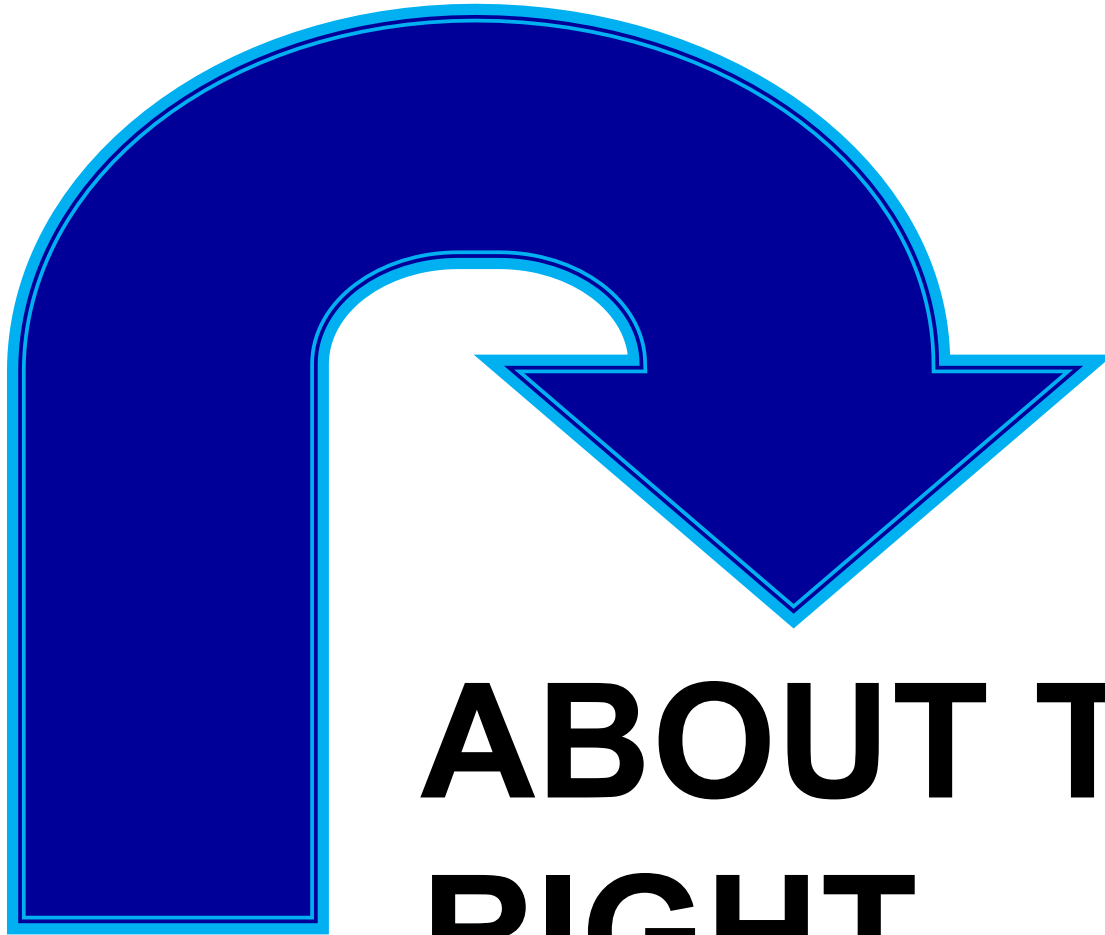
1 POINT



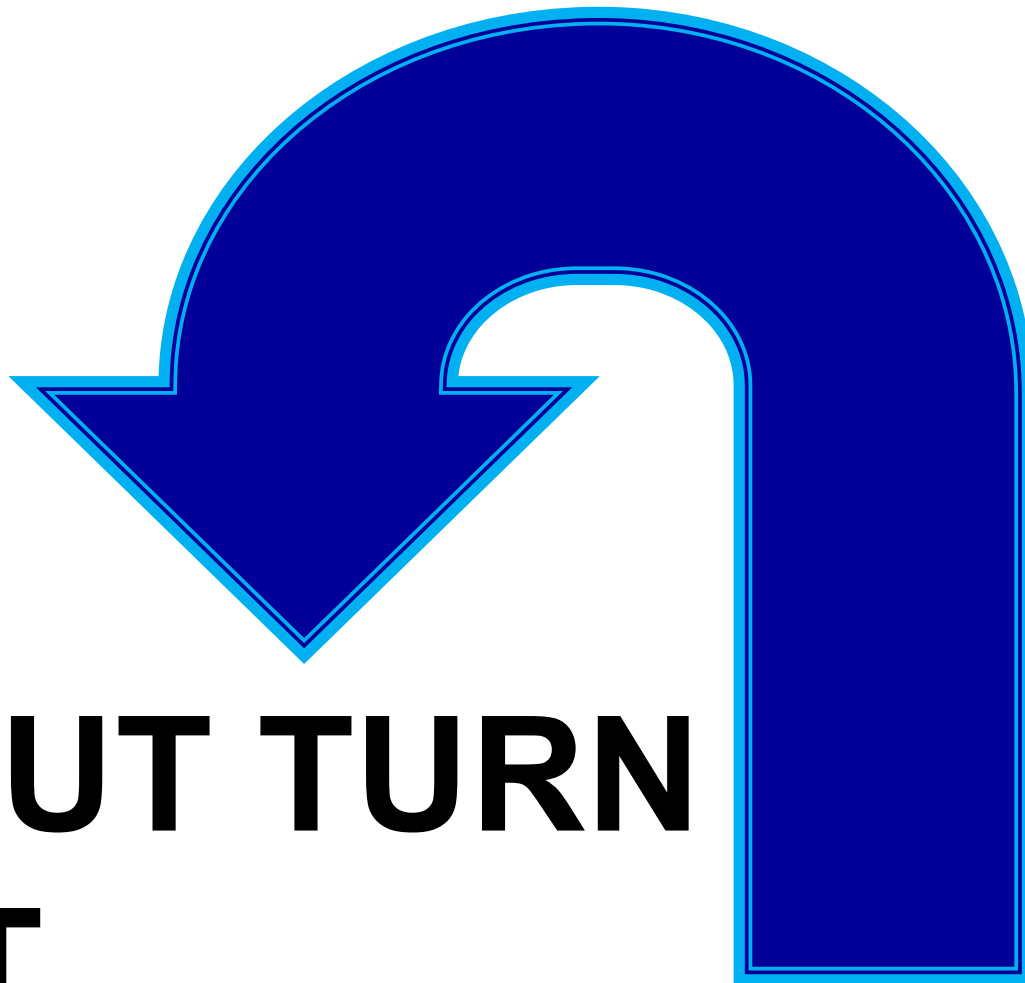








**ABOUT TURN
RIGHT**



ABOUT TURN LEFT

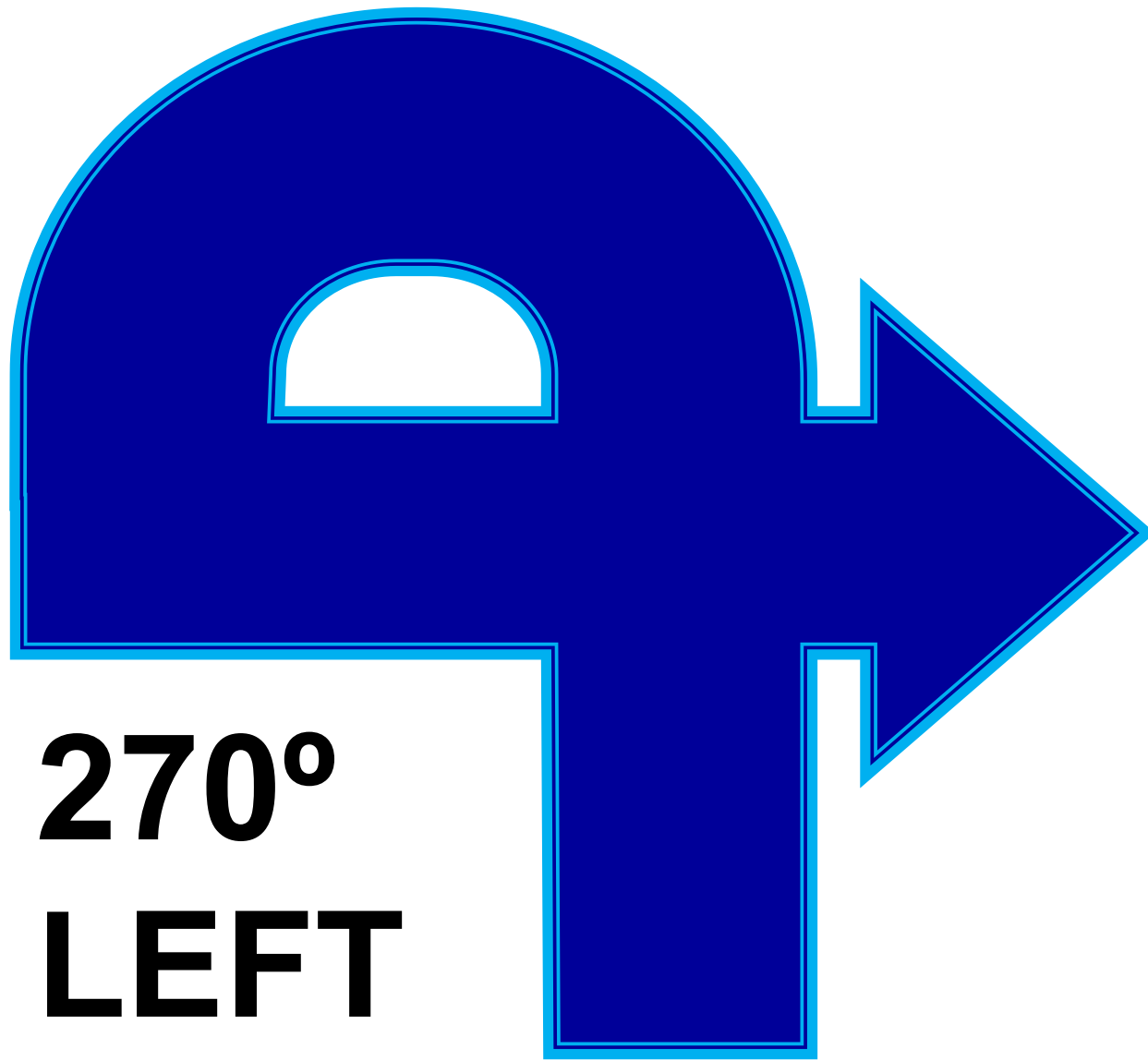
LOOP RIGHT

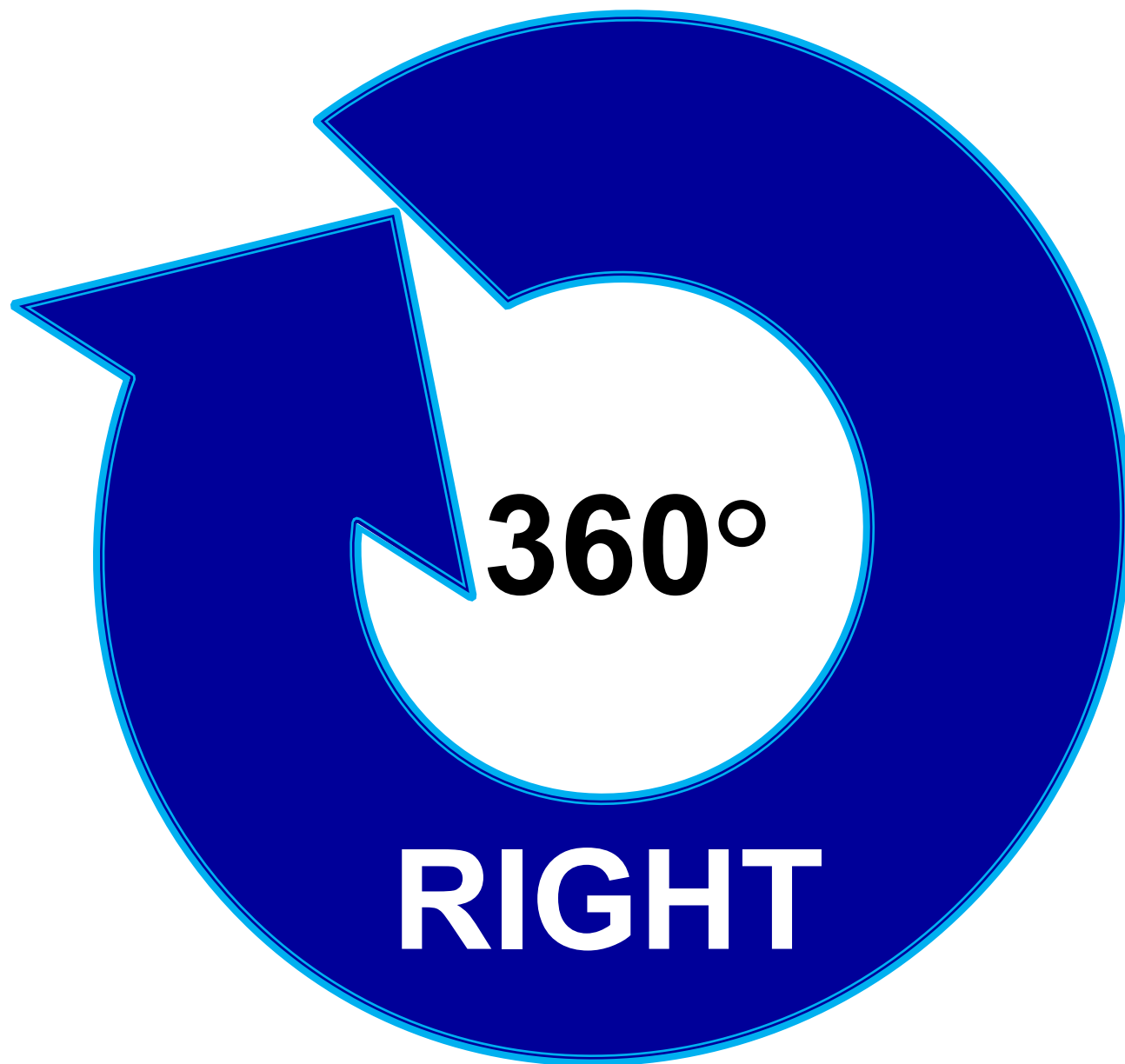


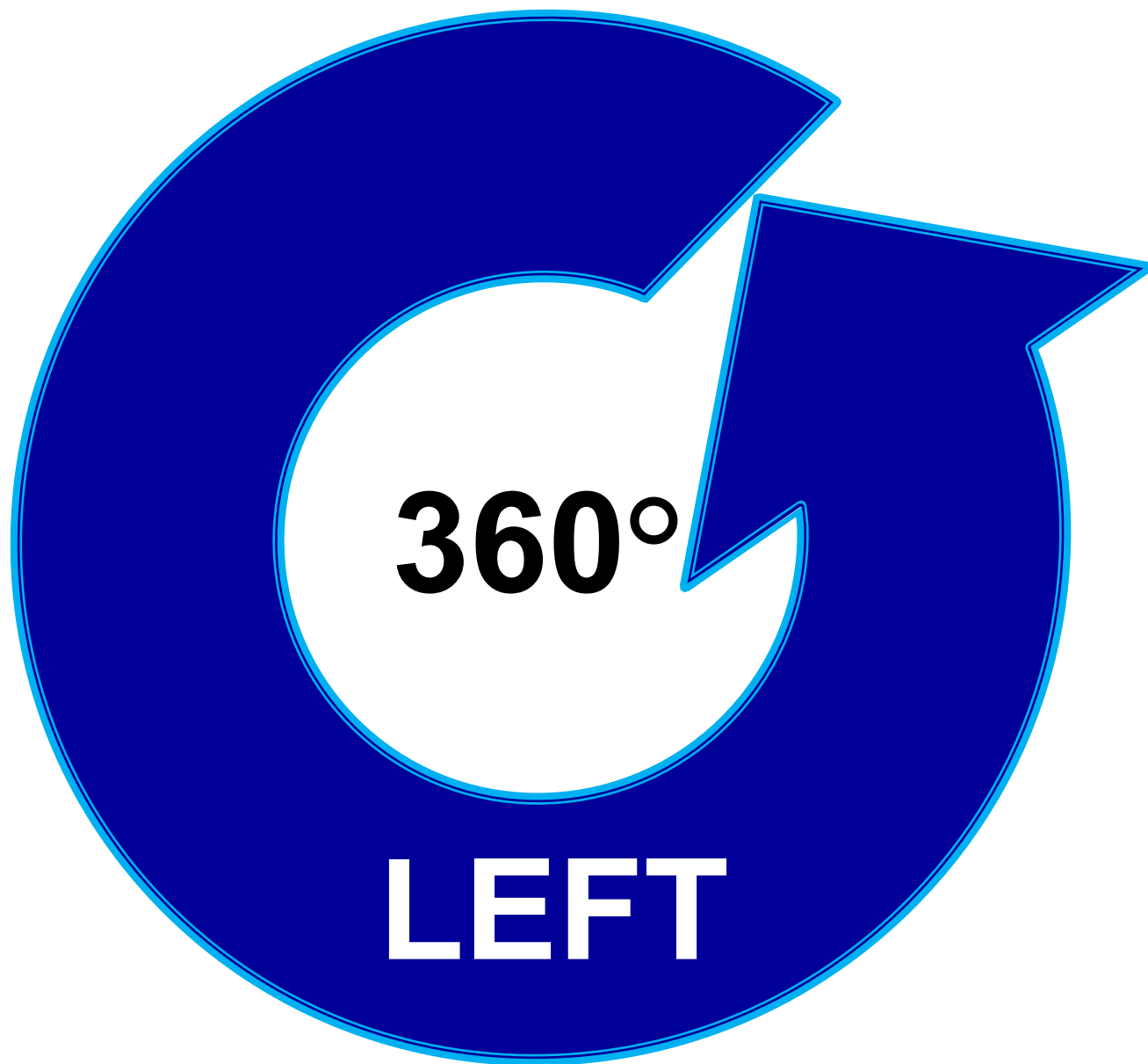
LOOP LEFT



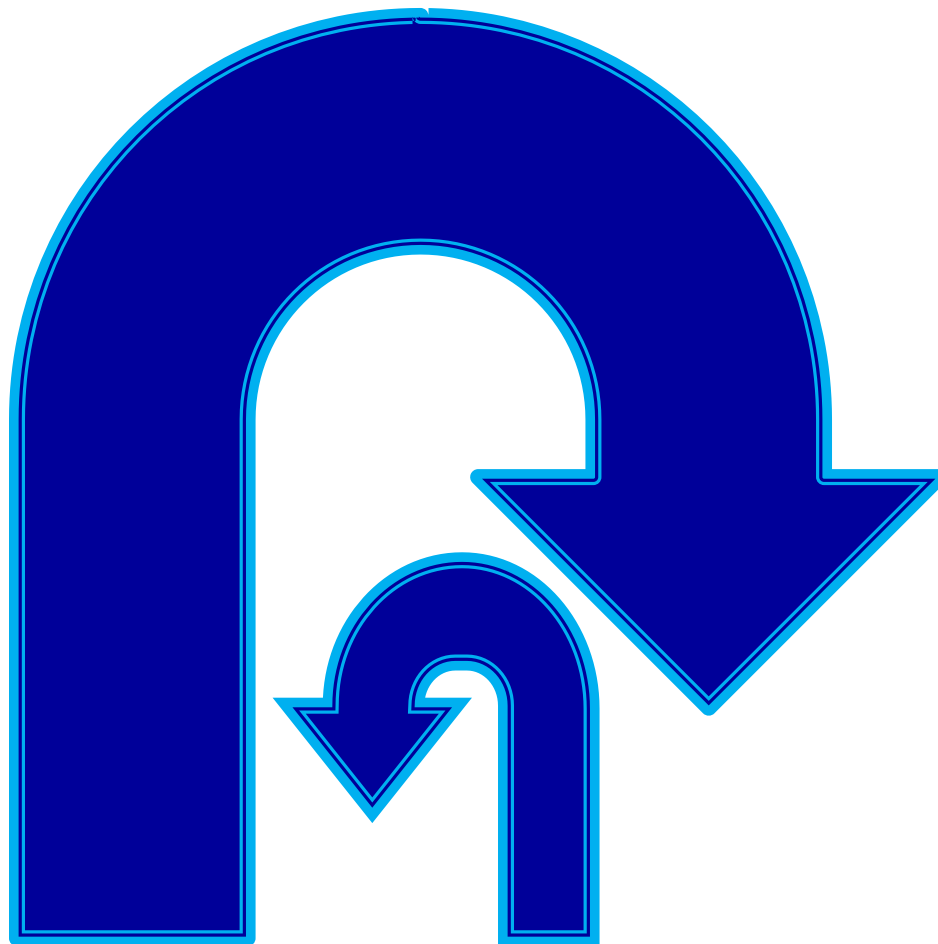




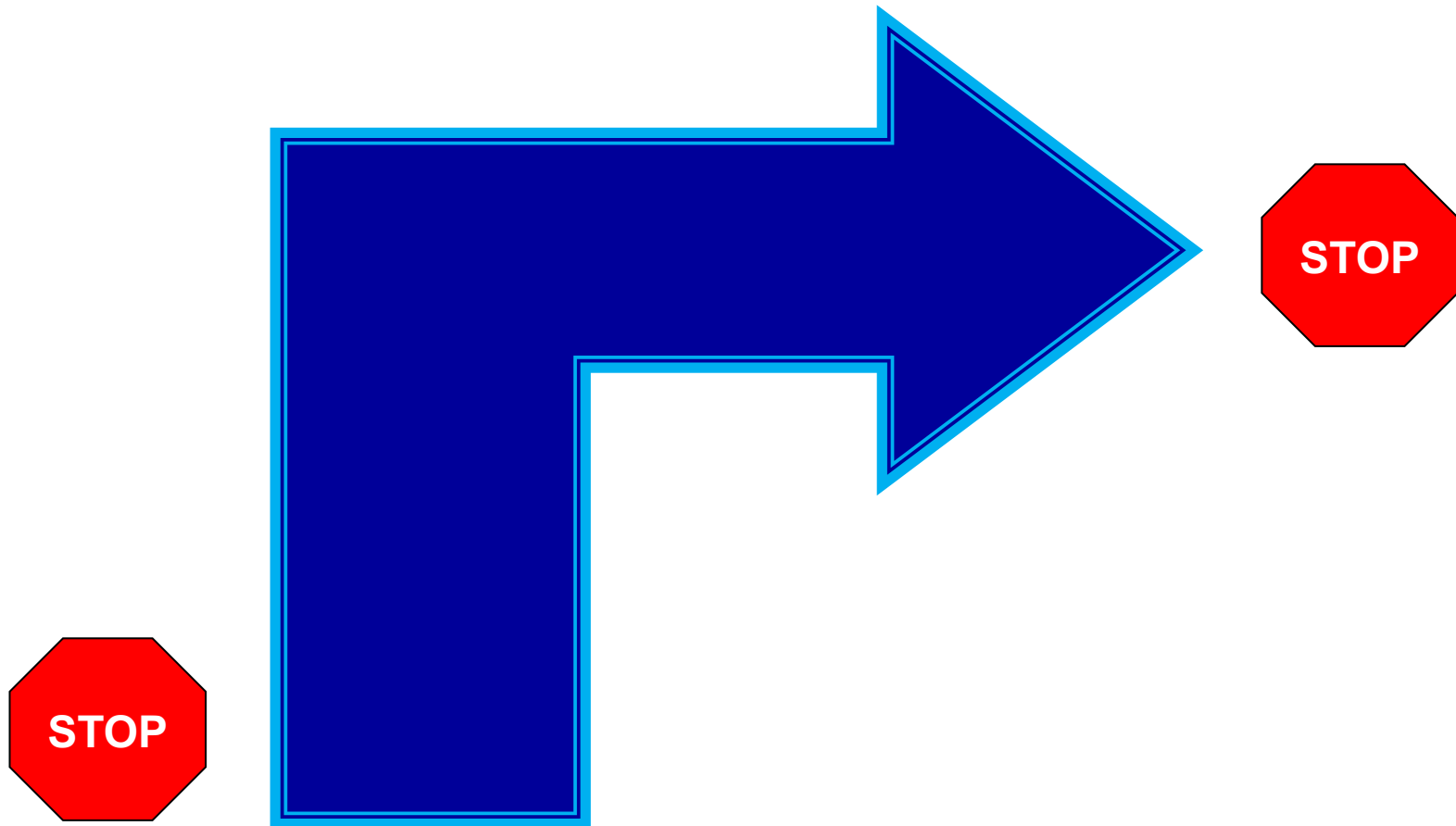




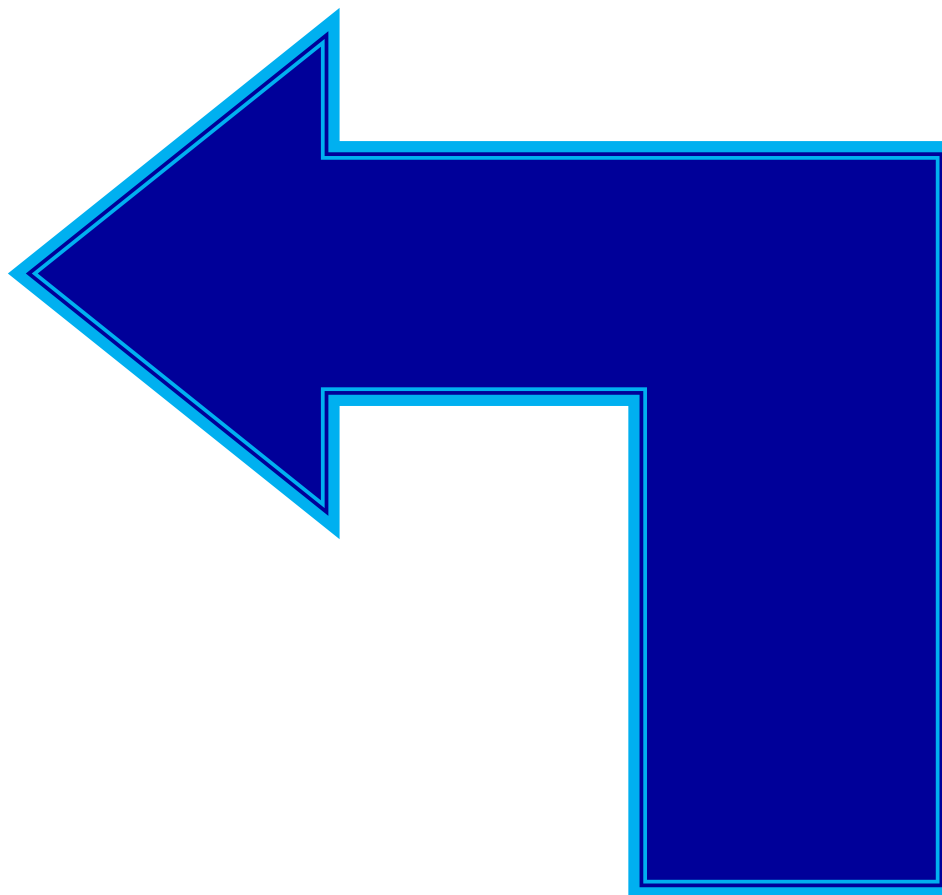
TURN AROUND DOG BEHIND



90° RIGHT TURN

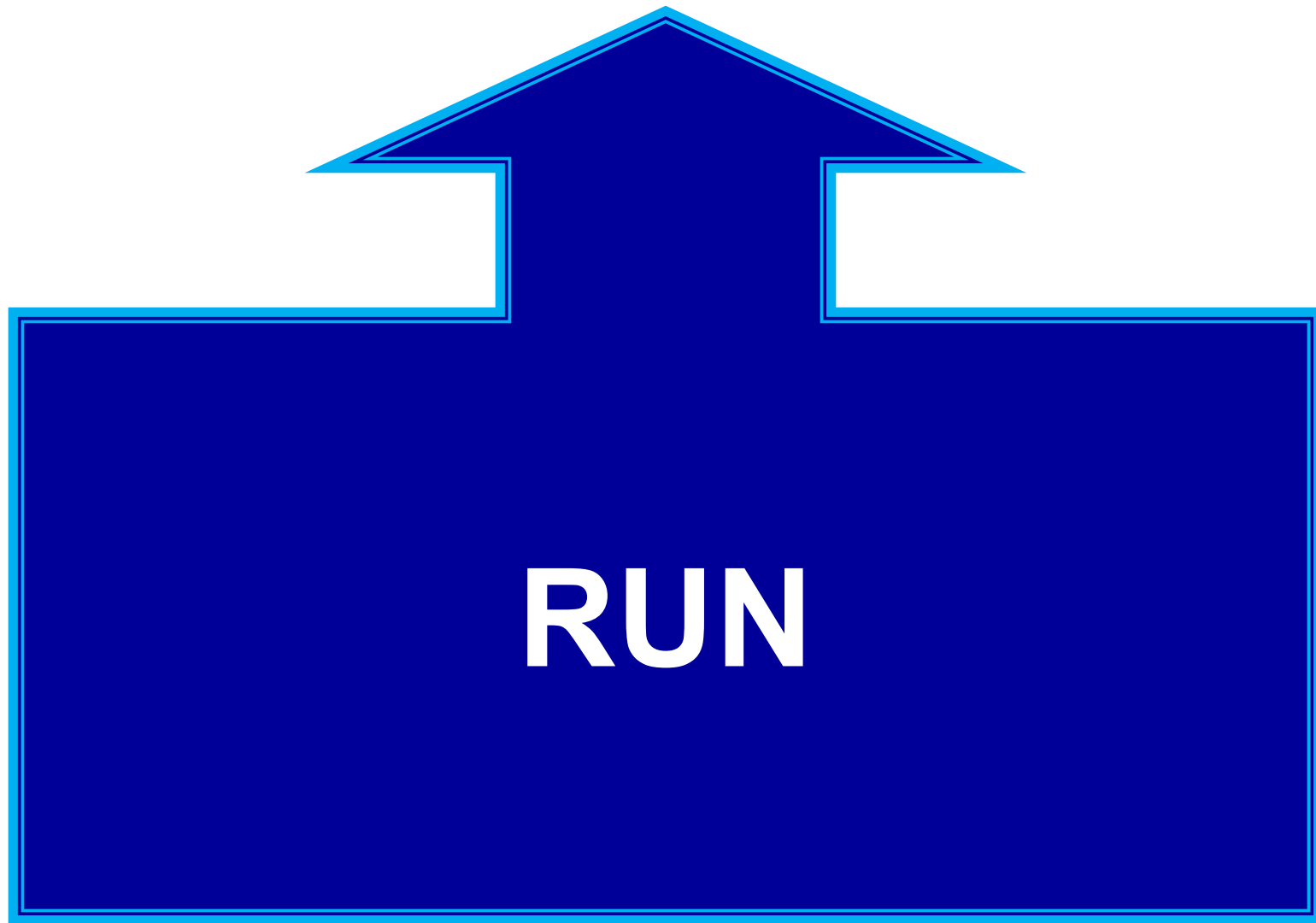


90° LEFT TURN

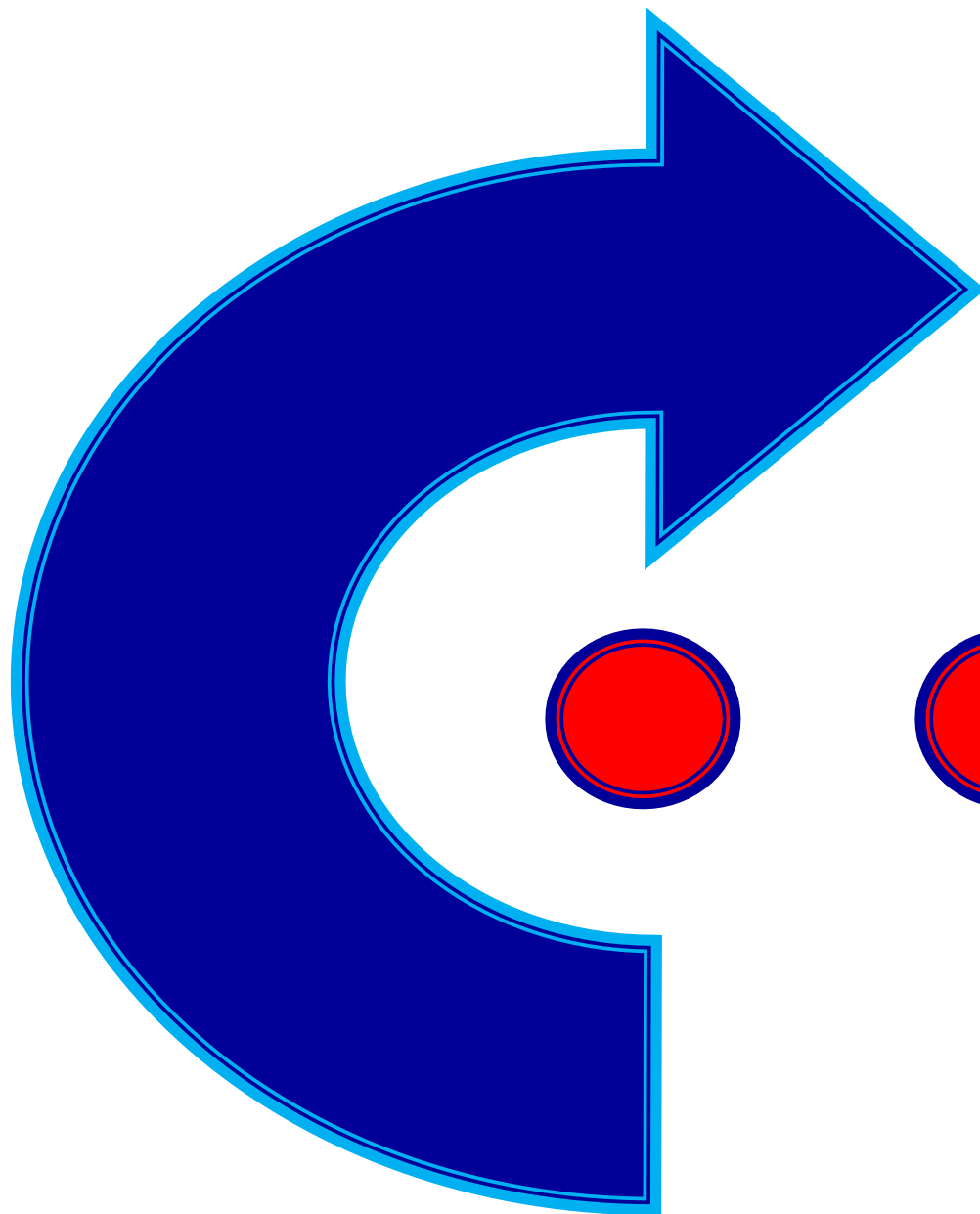




SLOW PACE

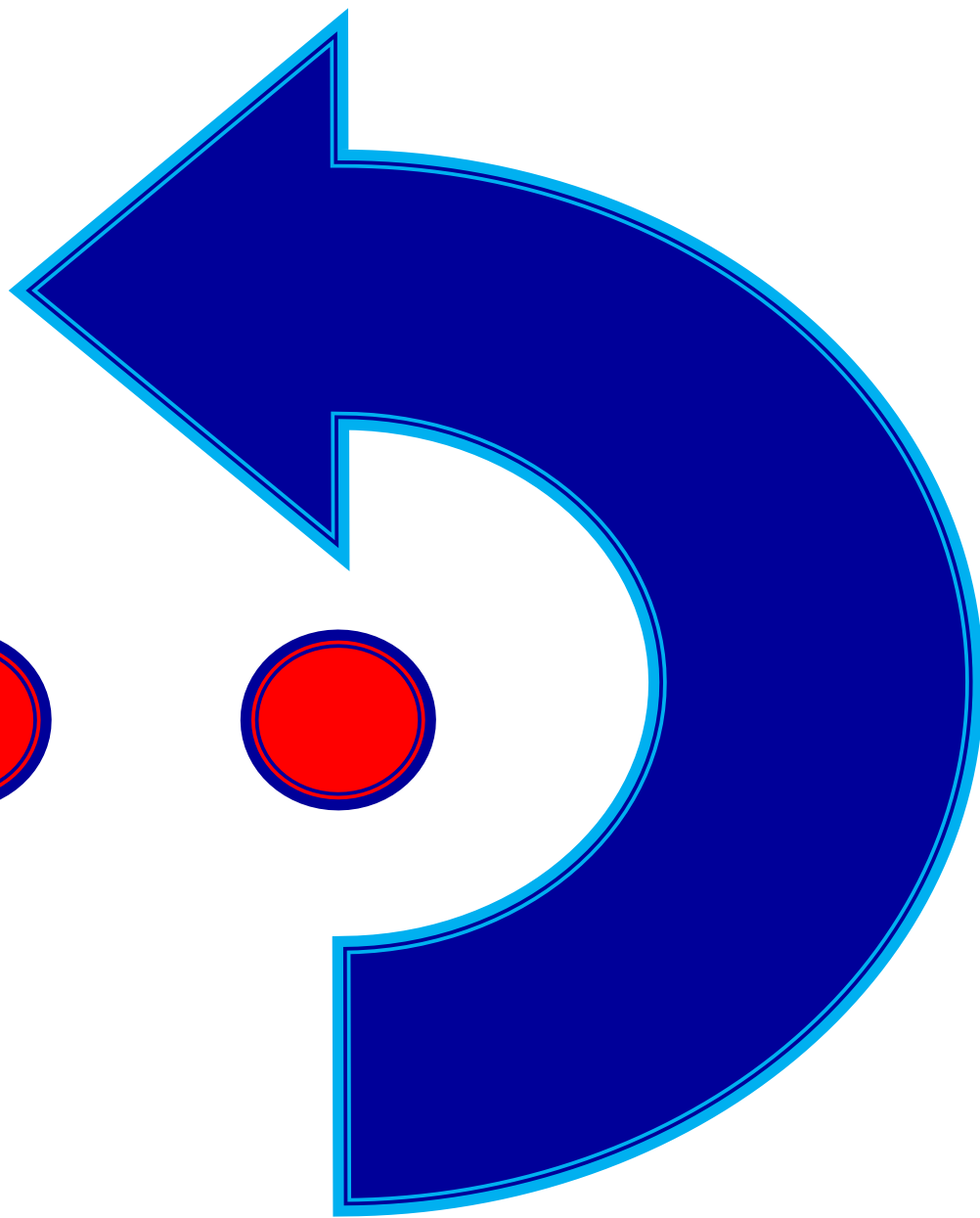
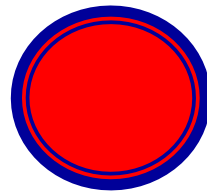
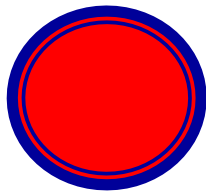
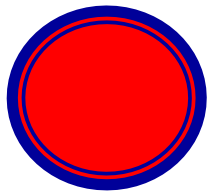




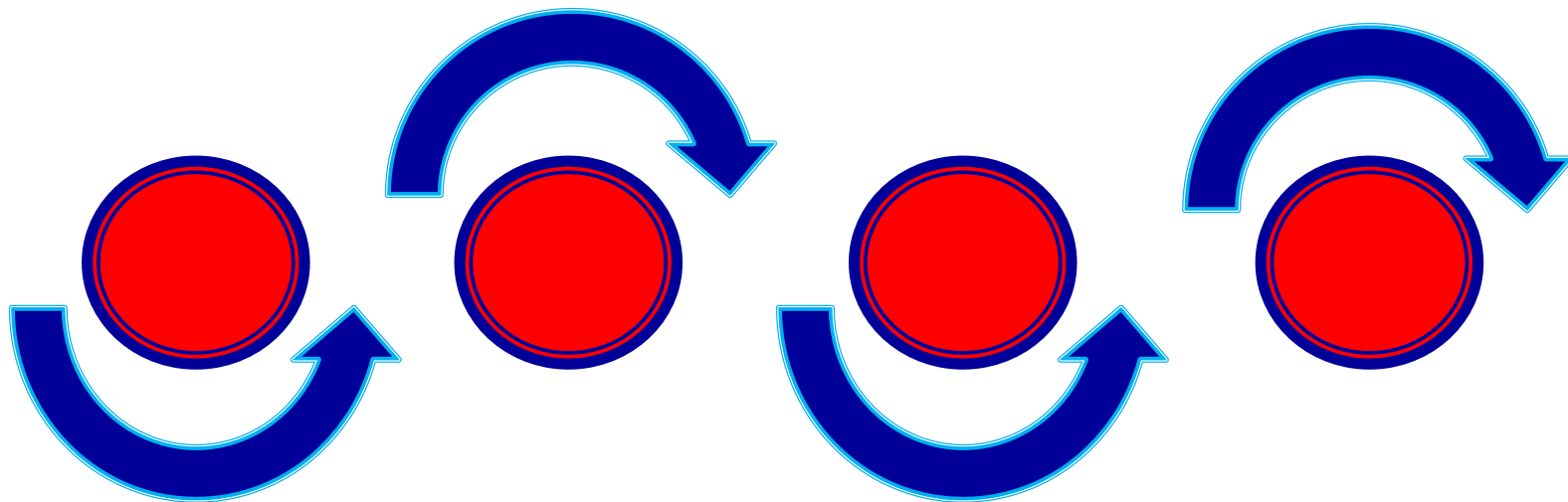


SPIRAL RIGHT

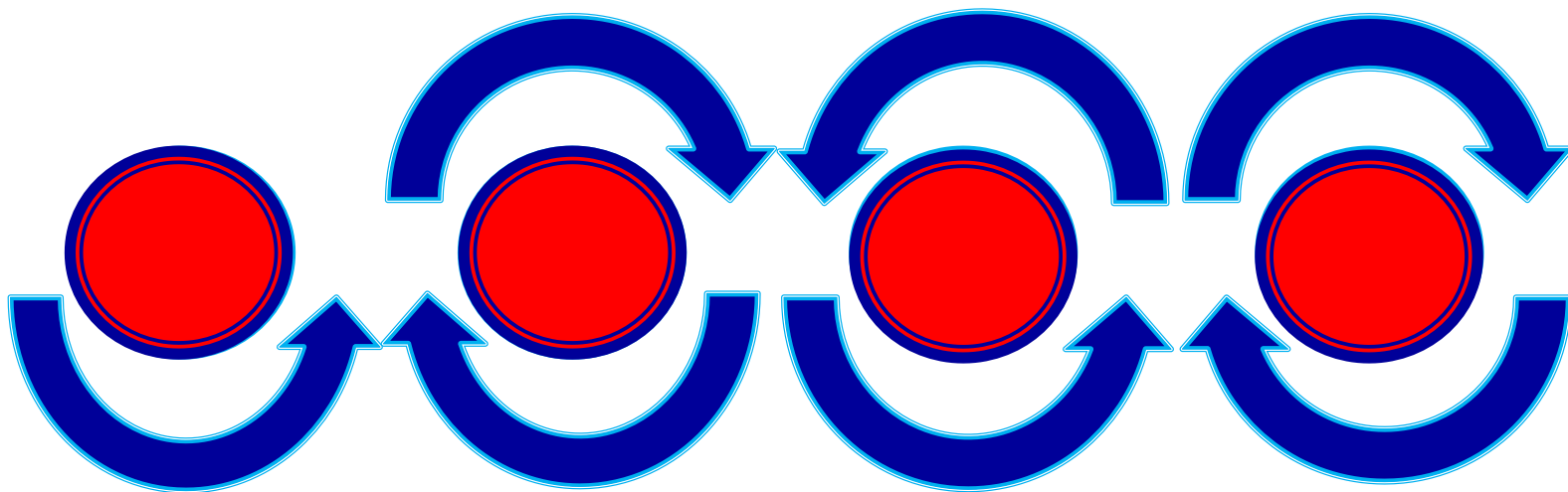
SPIRAL LEFT



SINGLE SLALOM

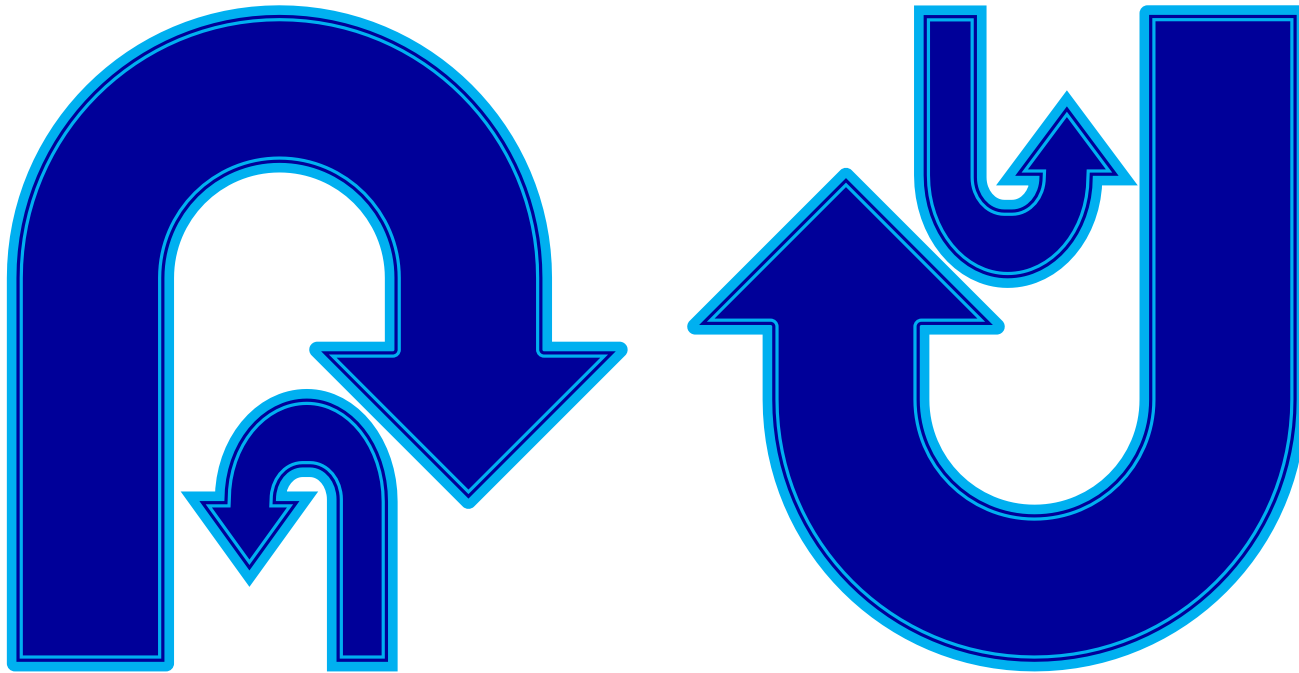


DOUBLE SLALOM



2 POINTS

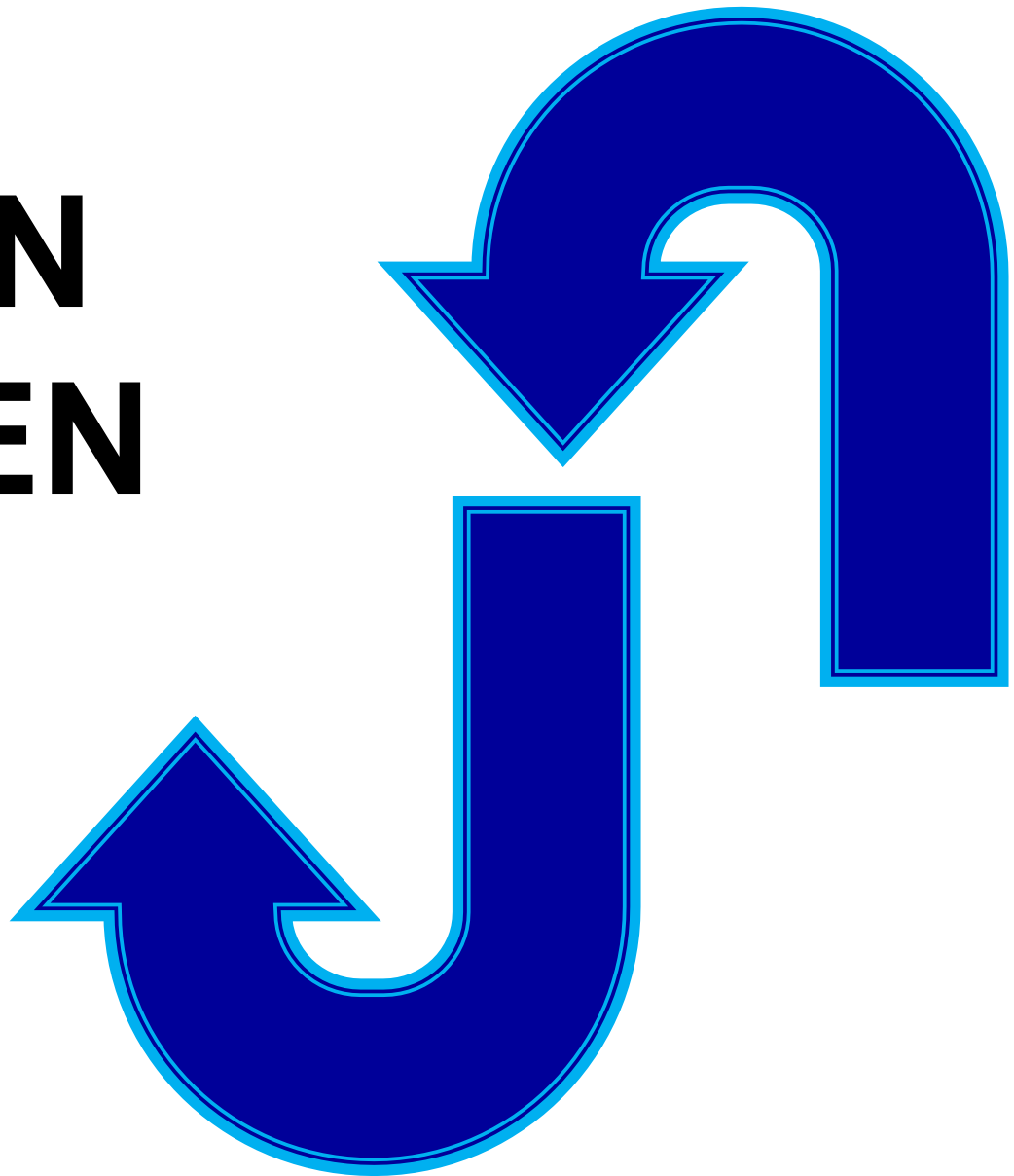
2 x TURN AROUND DOG BEHIND

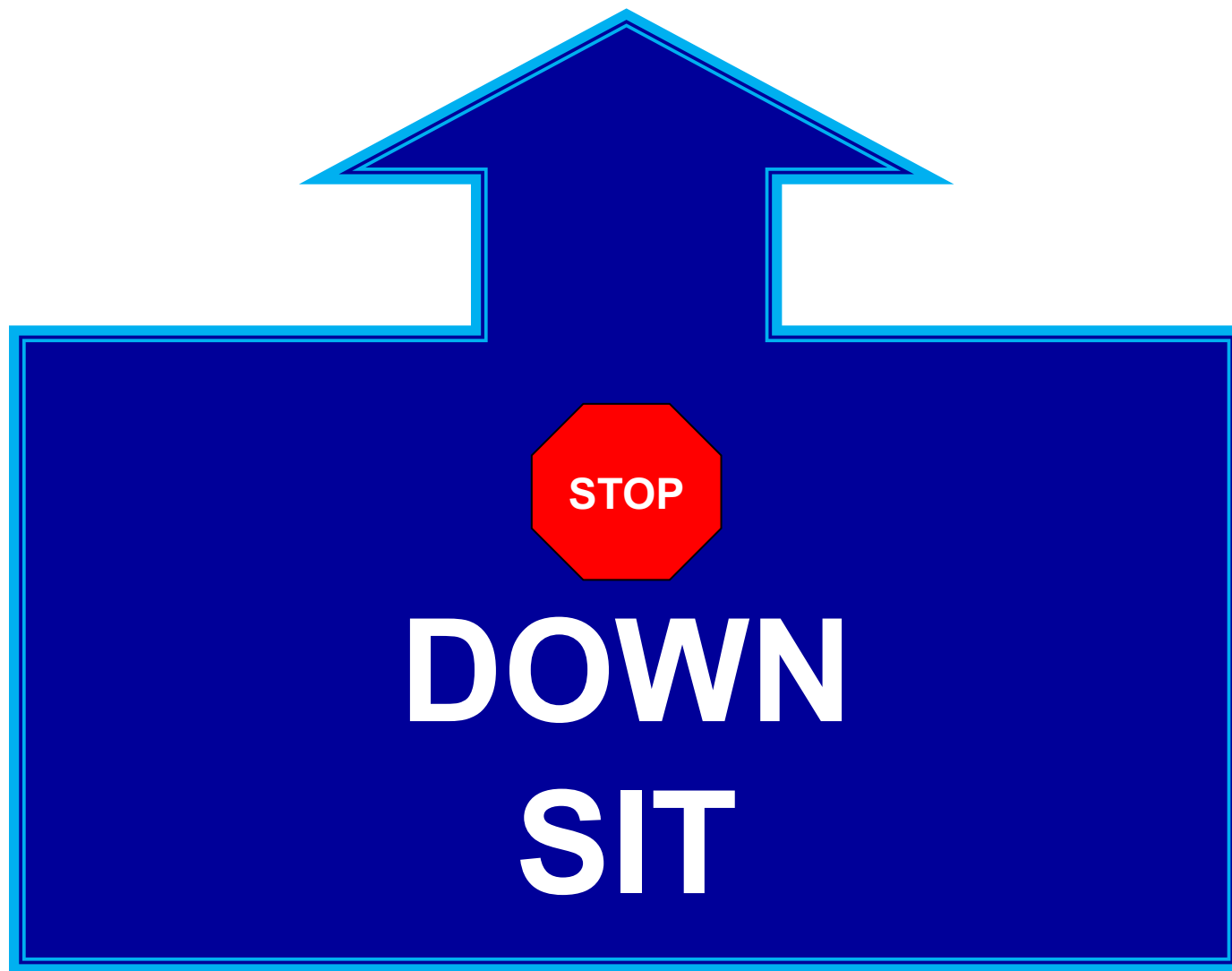


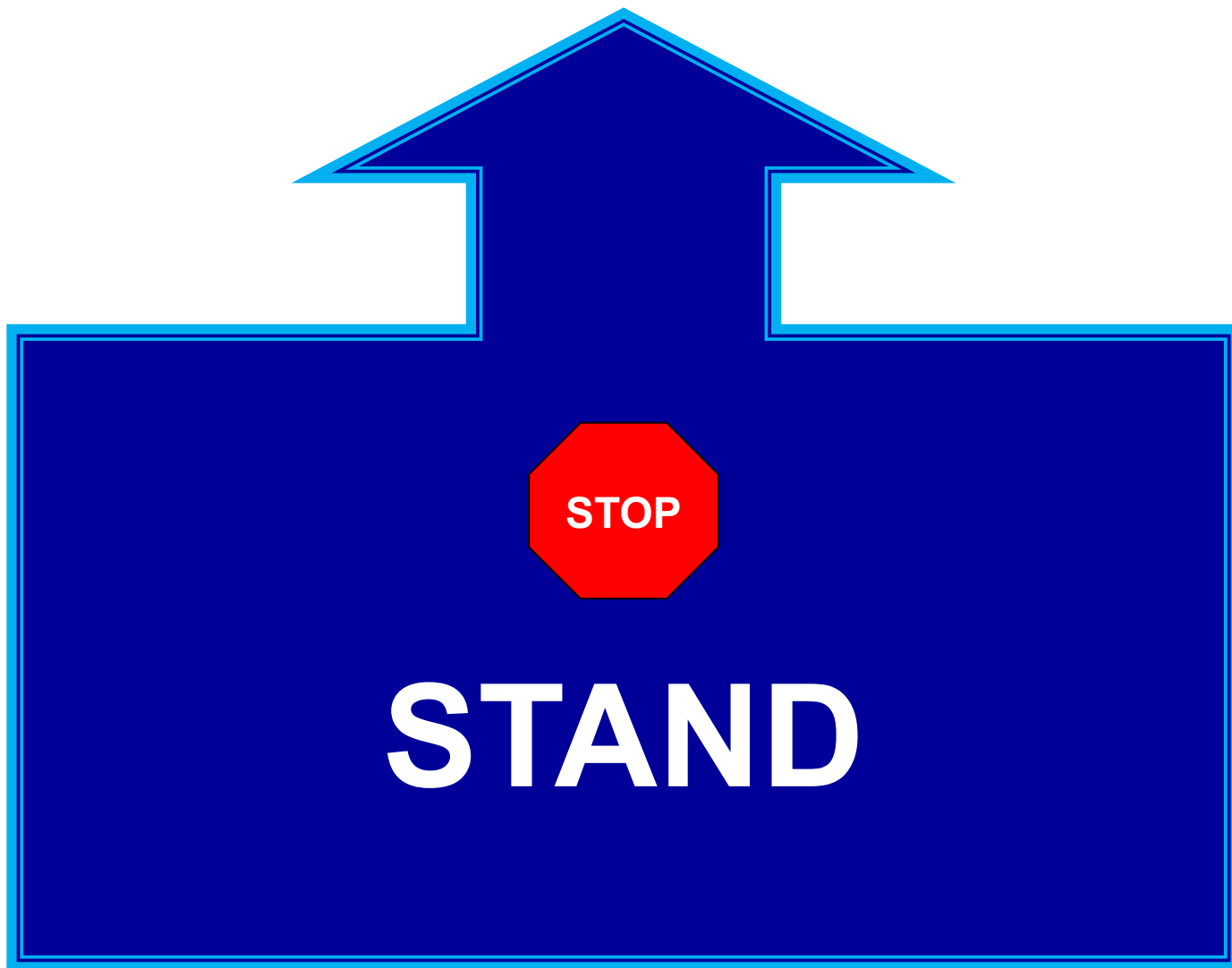
**DOUBLE
180° TURN
RIGHT THEN
LEFT**



DOUBLE 180° TURN LEFT THEN RIGHT



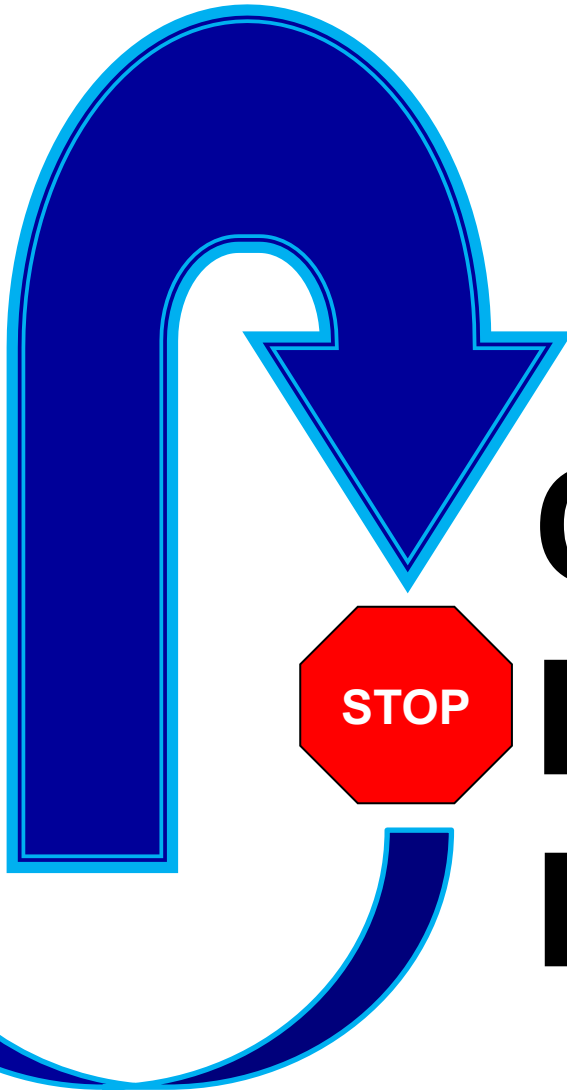
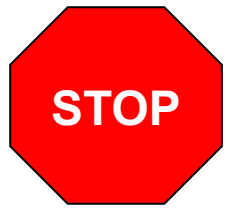




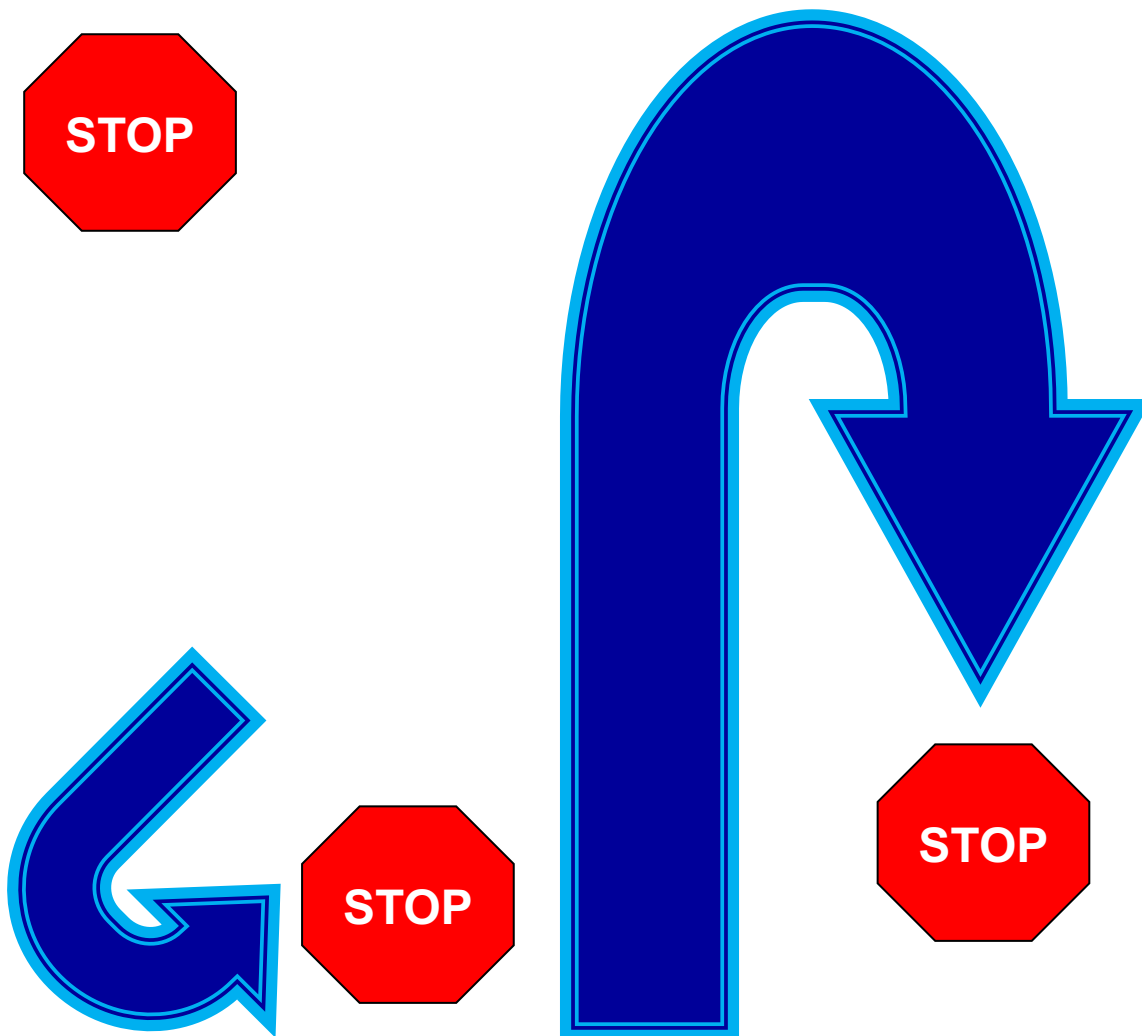






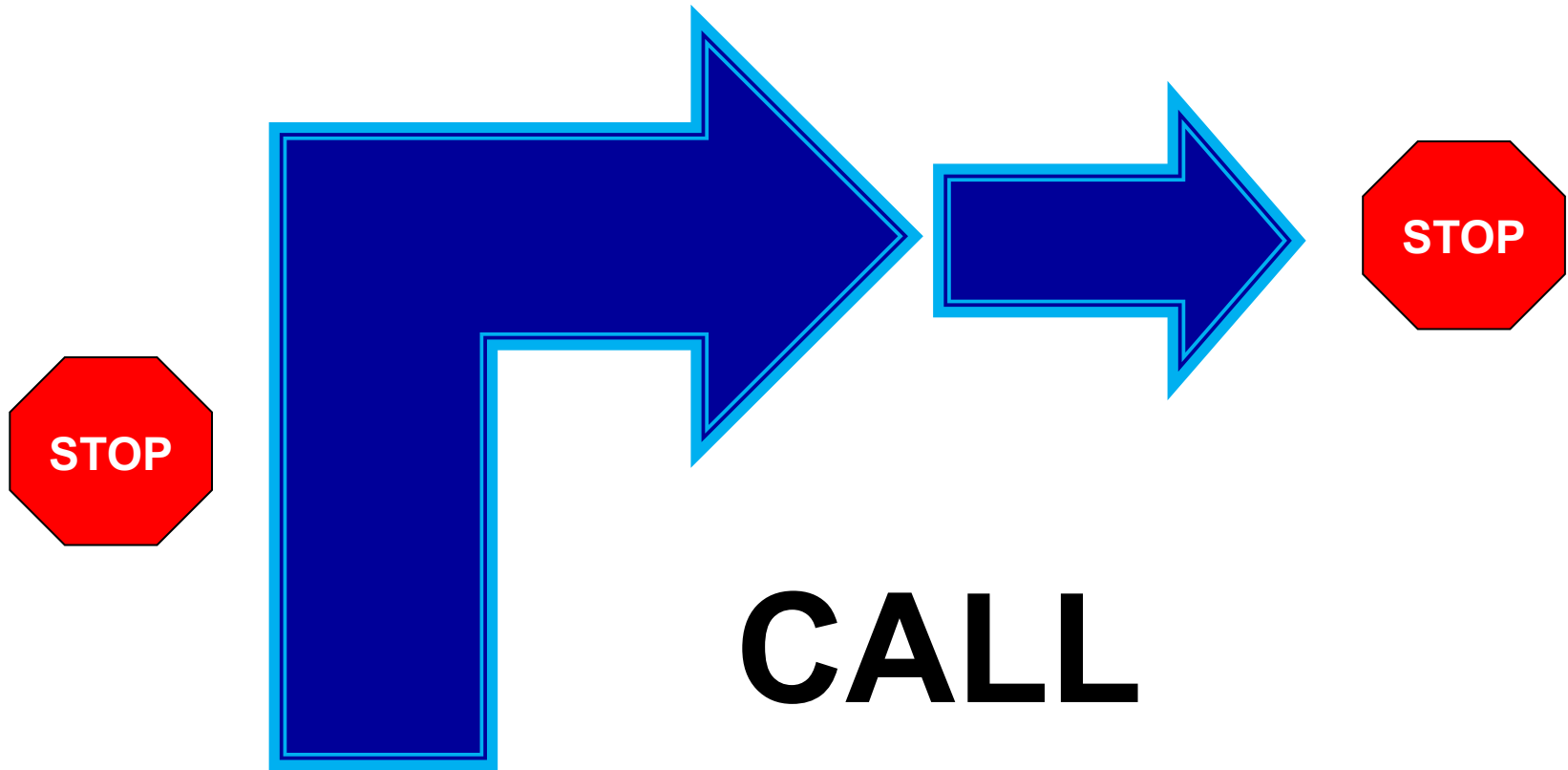


**CALL FRONT
RIGHT TO
LEFT**

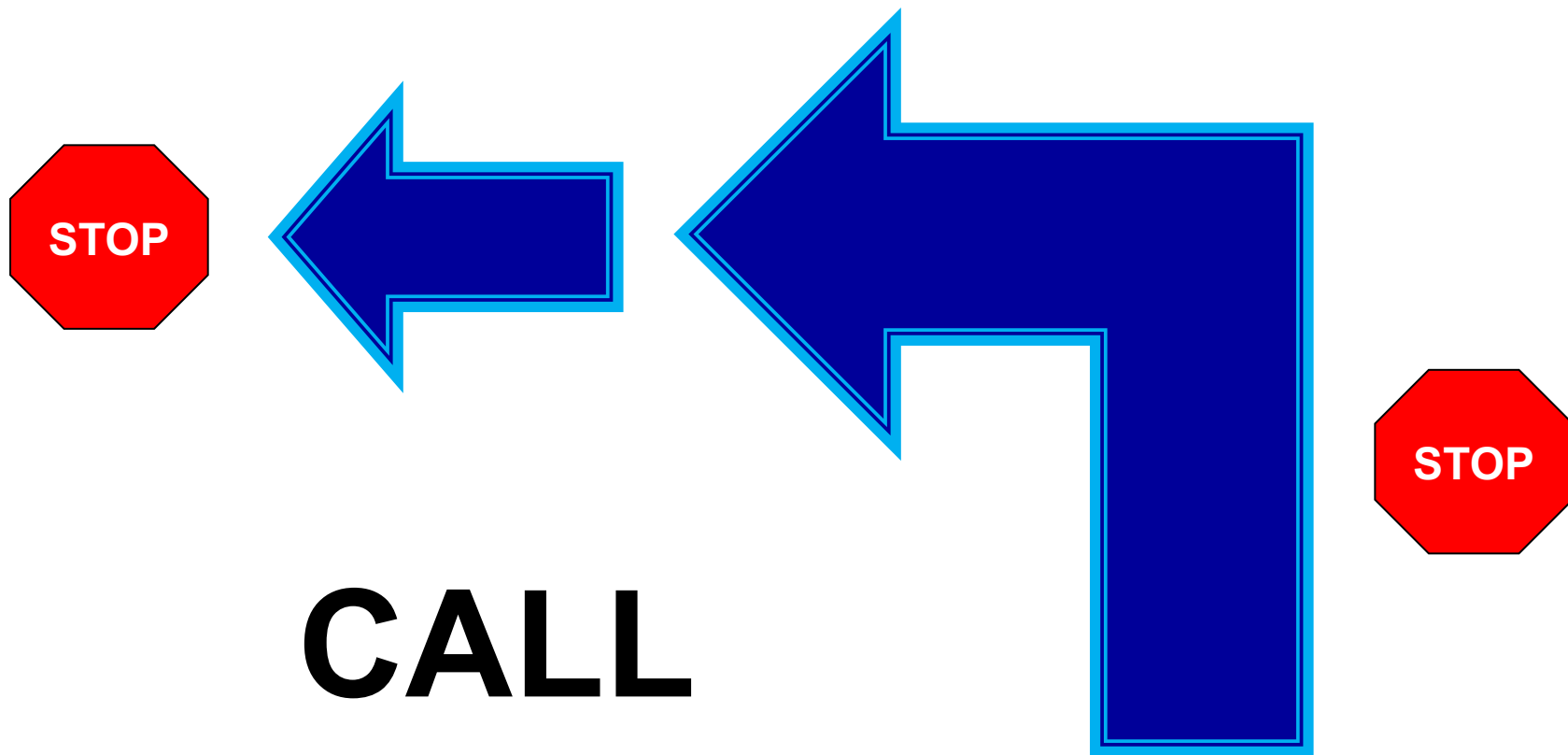


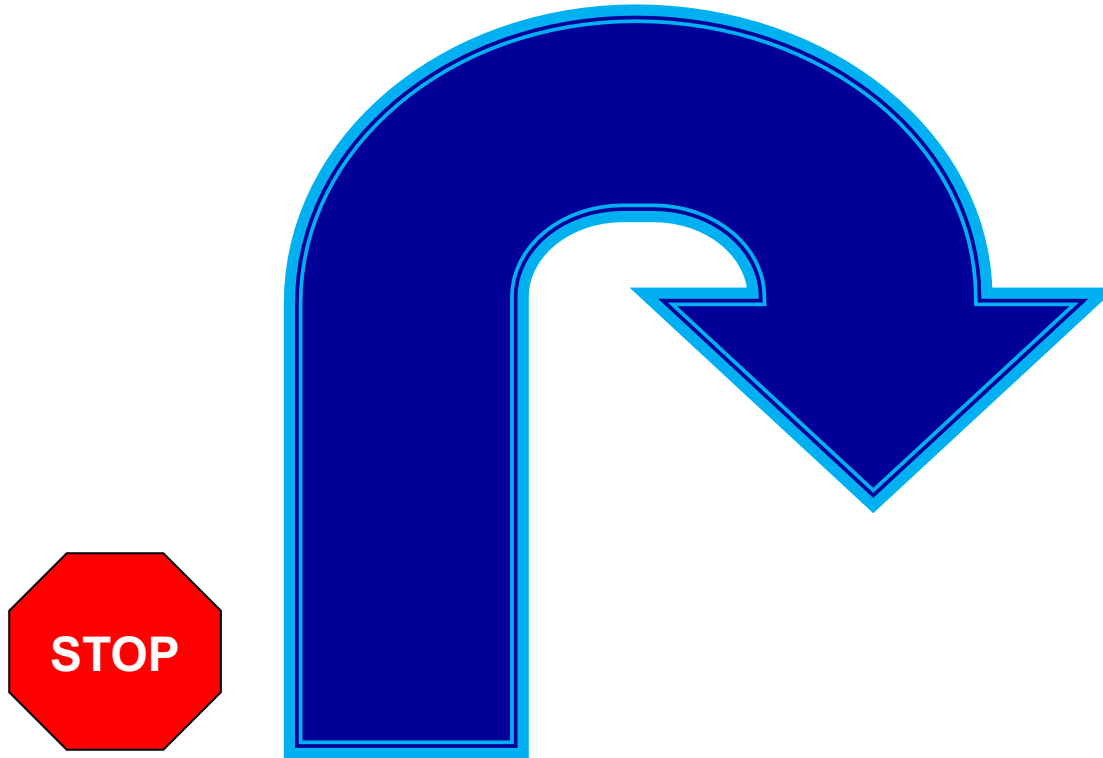
**CALL FRONT
LEFT TO LEFT**

TURN RIGHT 1 STEP

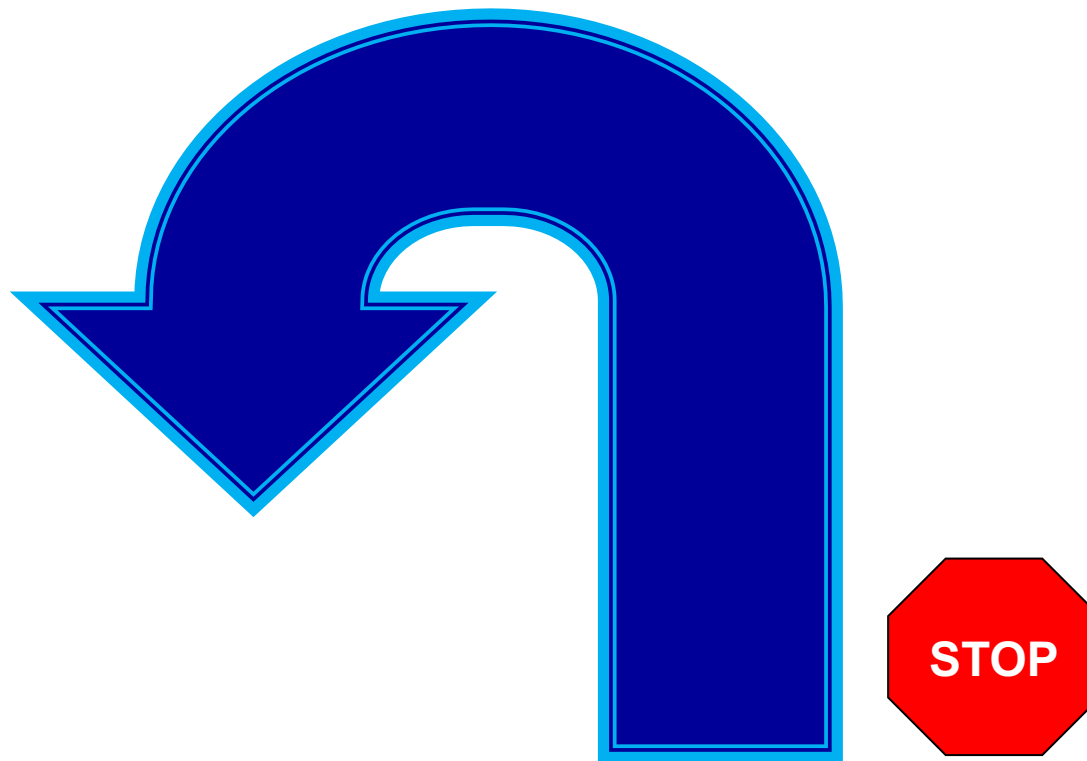


TURN LEFT 1 STEP

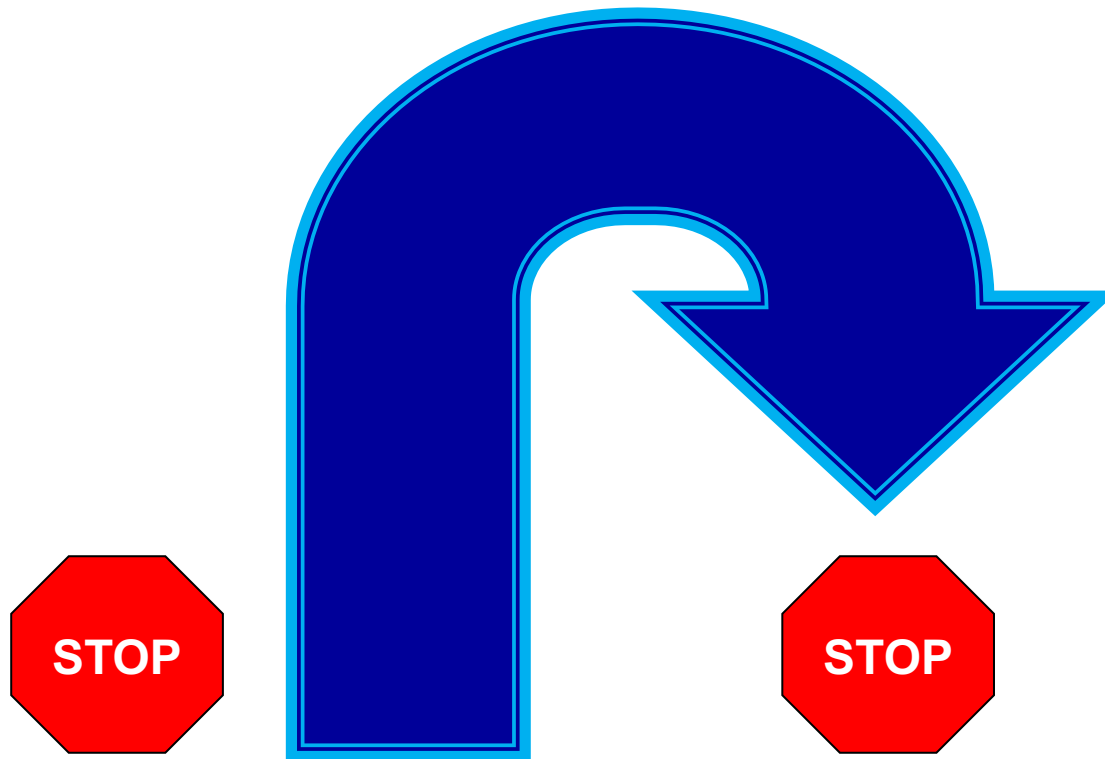




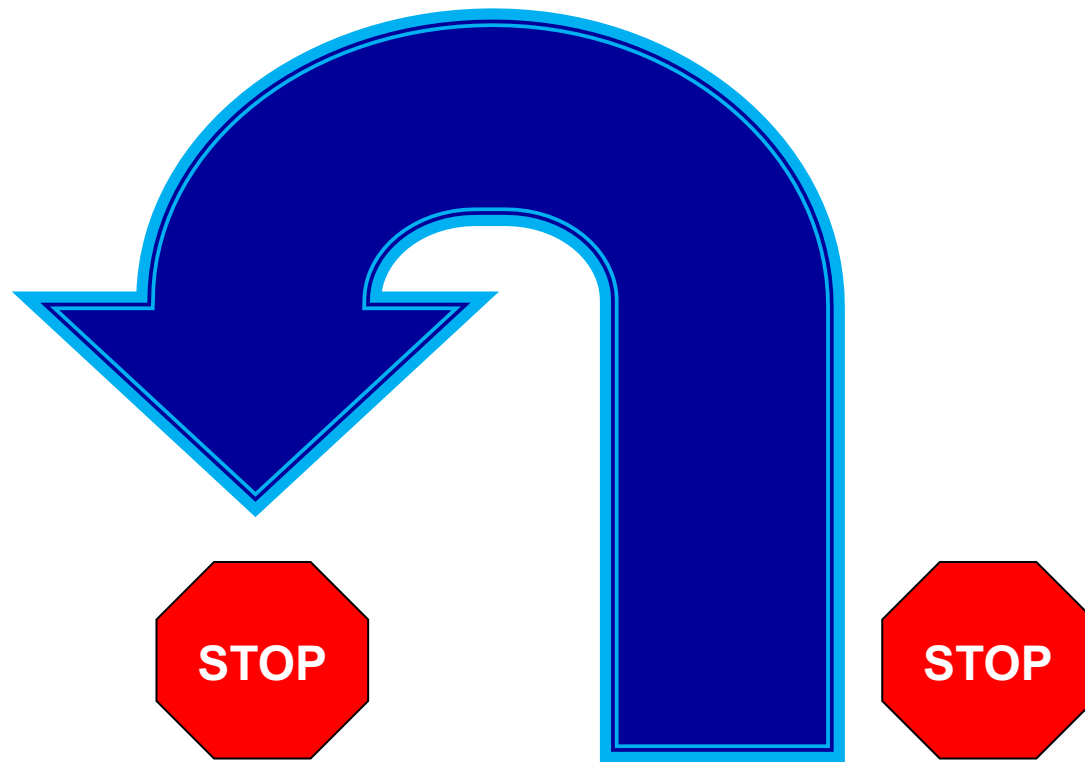
**180° RIGHT TURN
FORWARD**



**180° LEFT TURN
FORWARD**

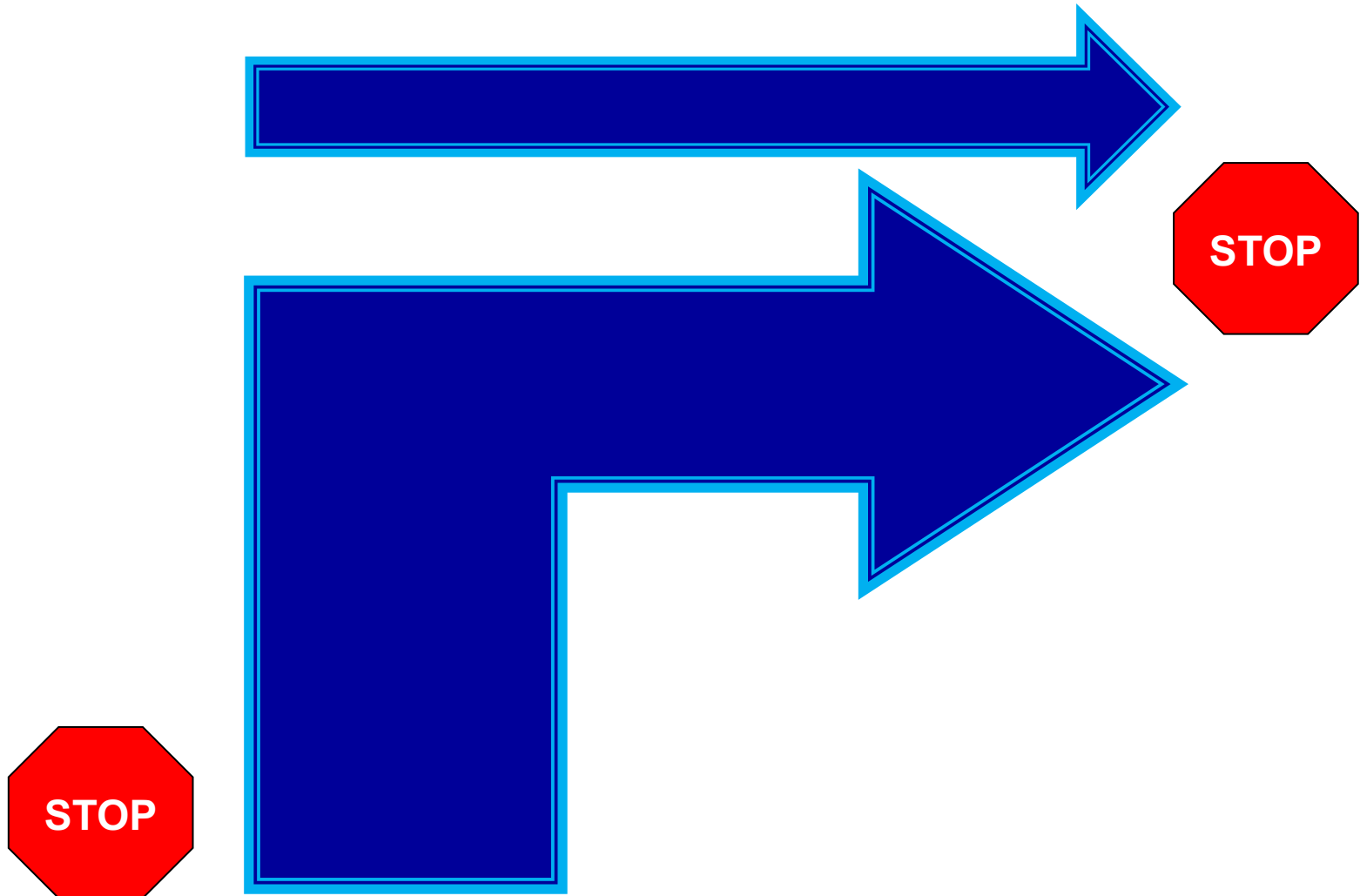


180° RIGHT TURN

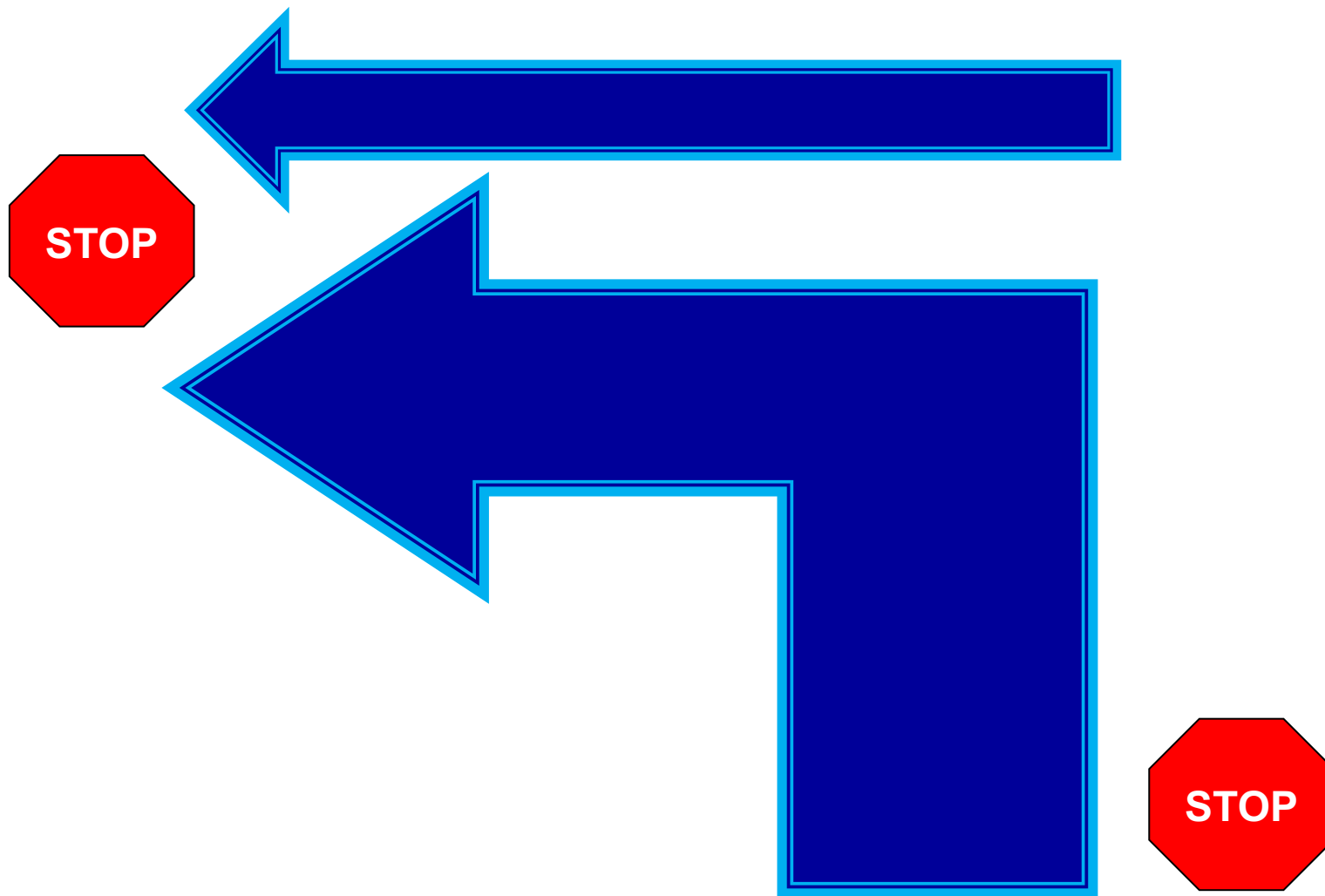


180° LEFT TURN

TURN RIGHT 1 STEP



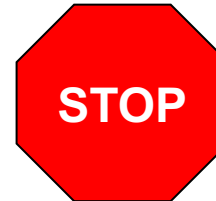
TURN LEFT 1 STEP



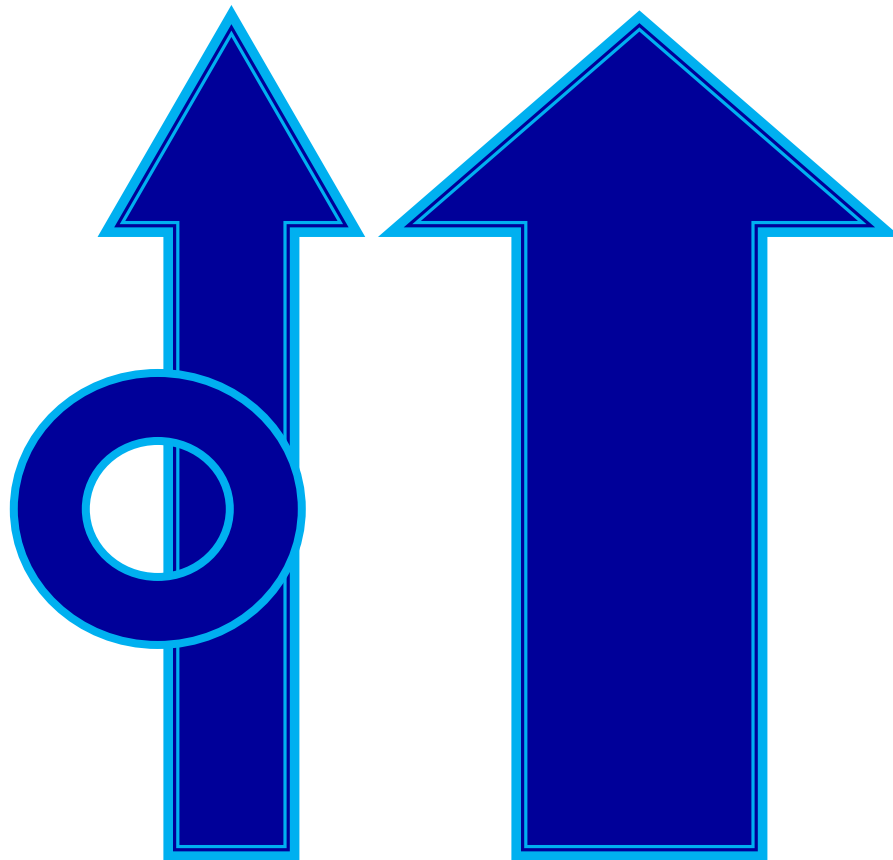


1 STEP STAND

2 STEPS

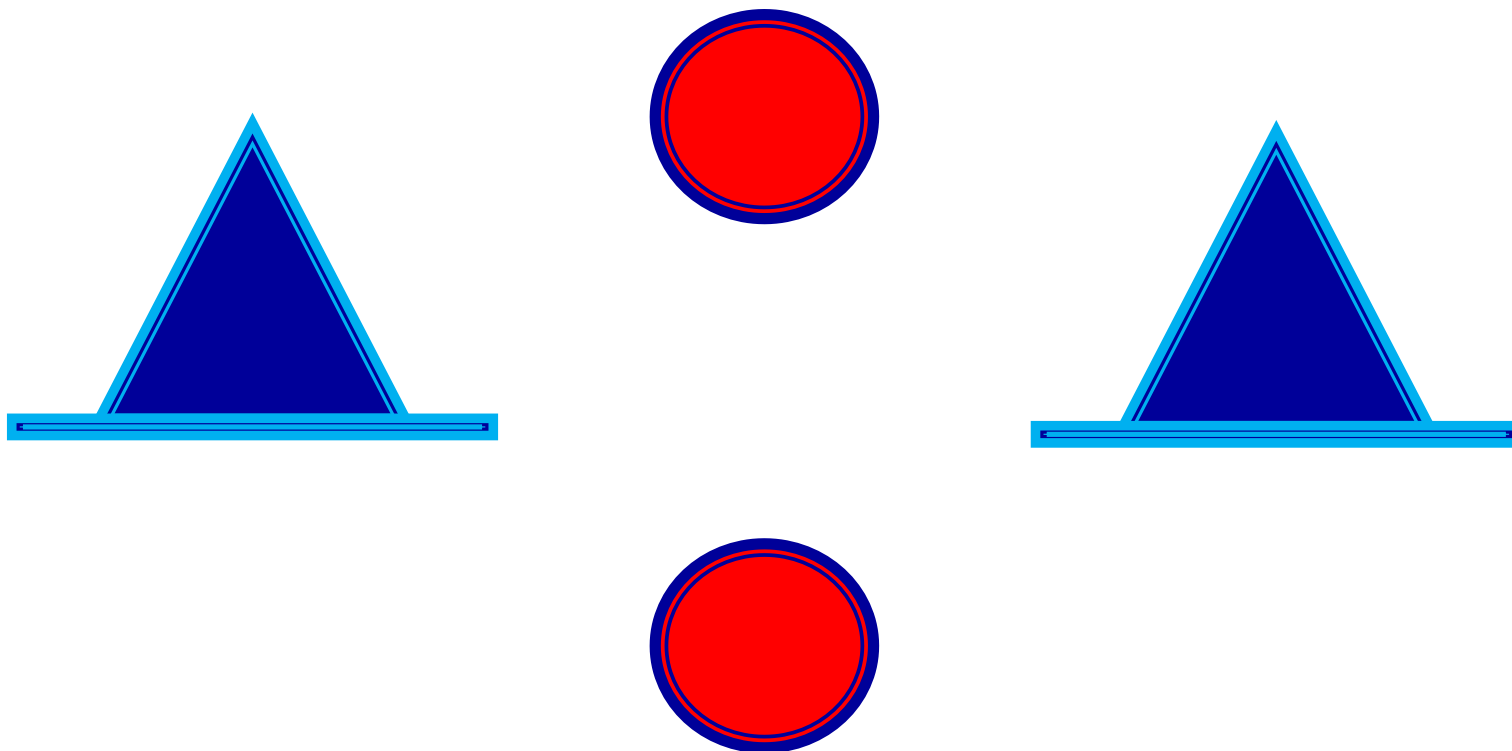


3 STEPS DOWN

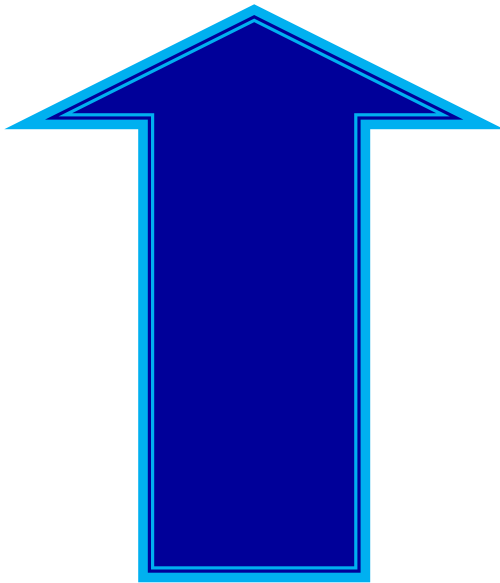


SPIN

TEMPTATION

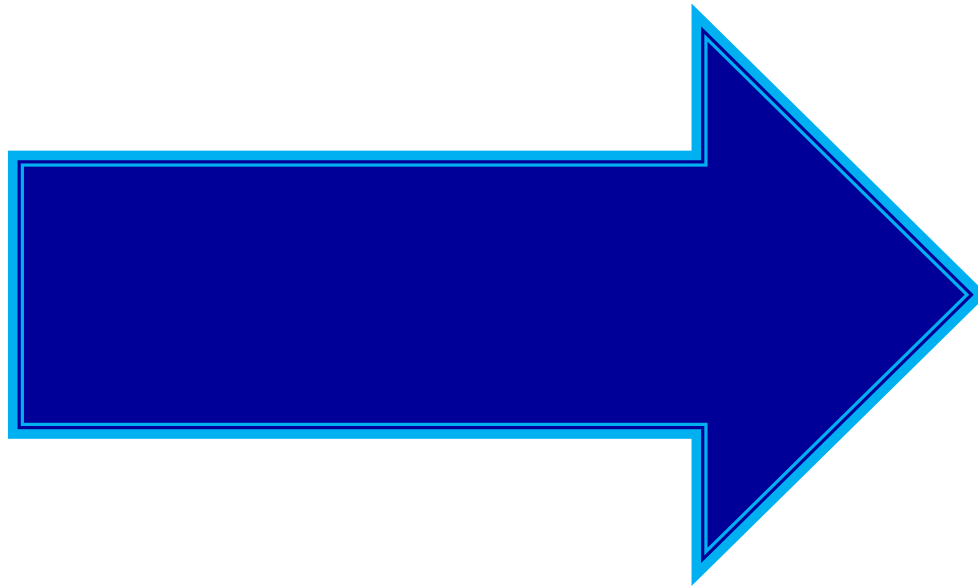


SEND OVER JUMP

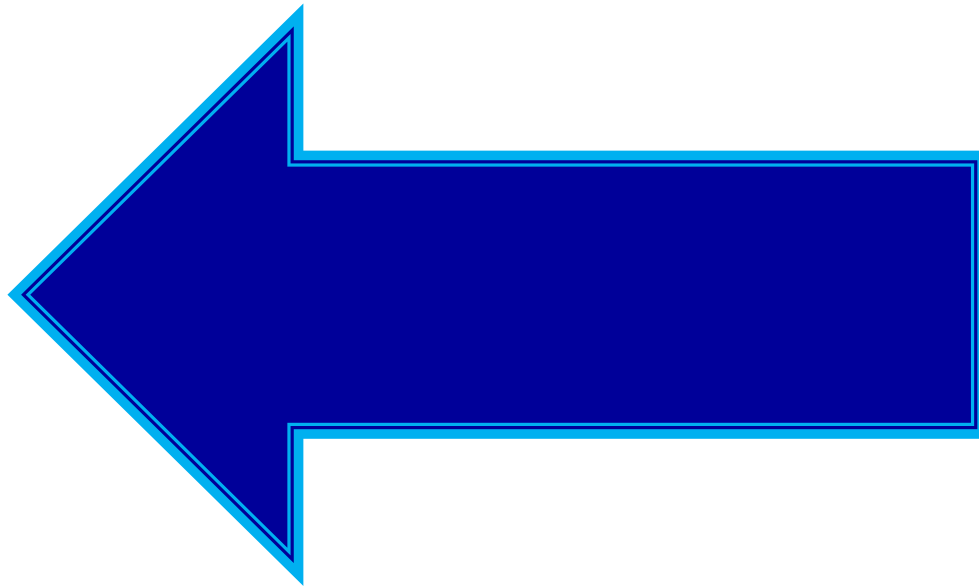


3 POINTS

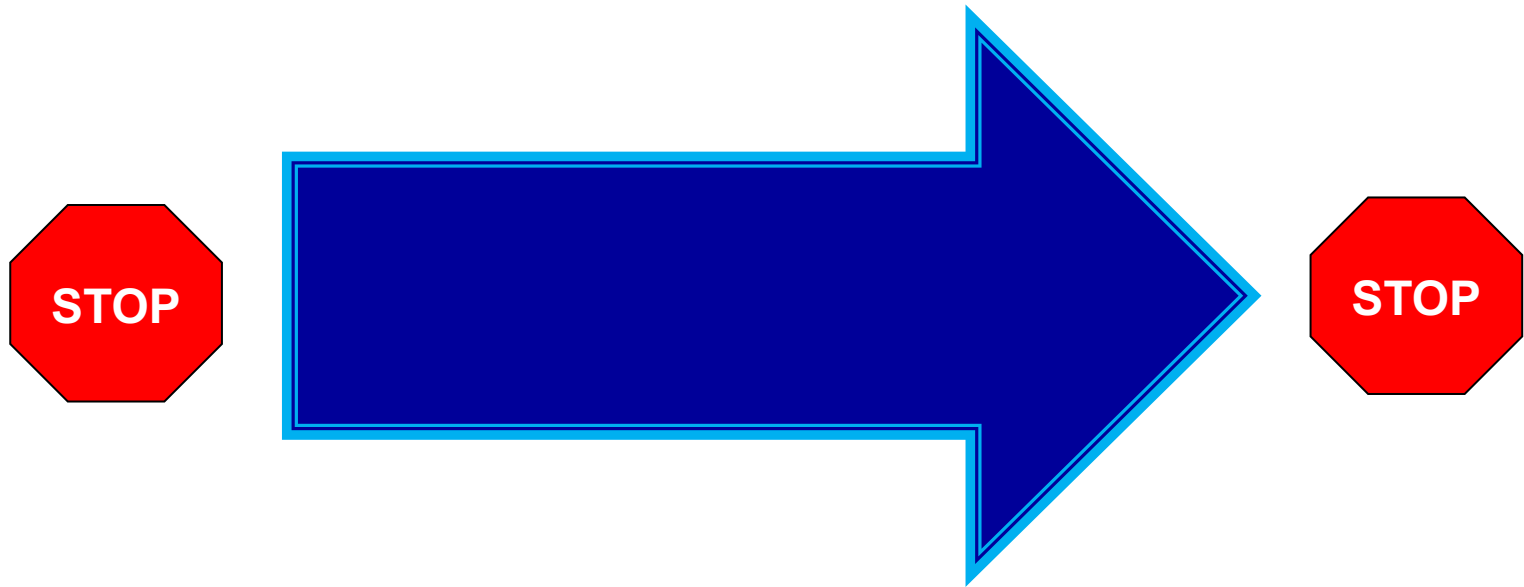
SIDE STEP RIGHT



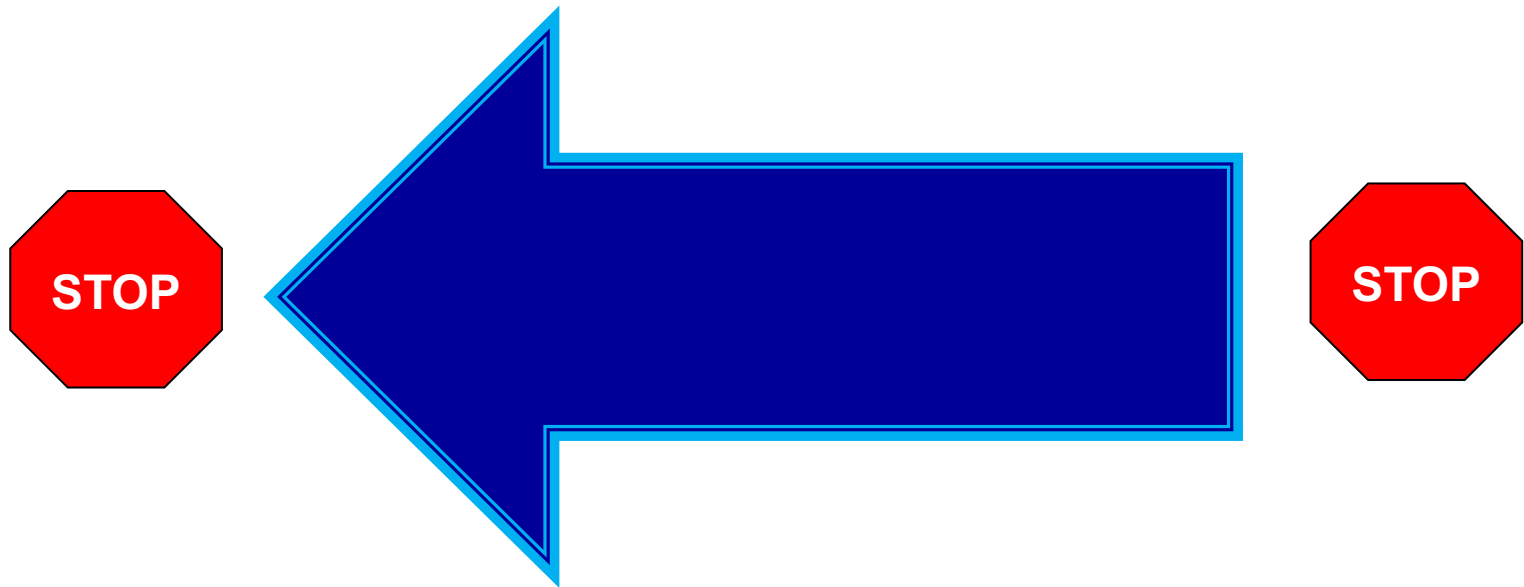
SIDE STEP LEFT

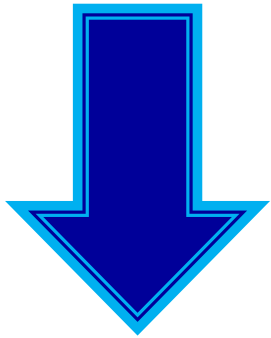


SIDE STEP RIGHT

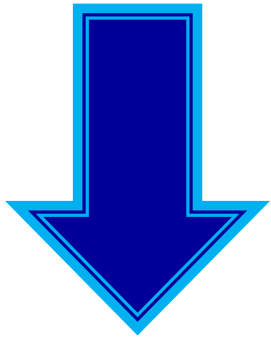


SIDE STEP LEFT



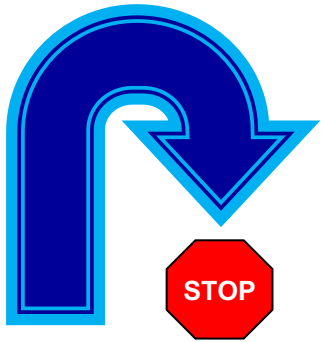


1 STEP BACK



2 STEPS BACK

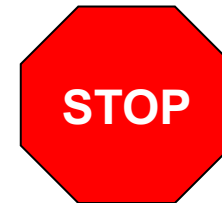




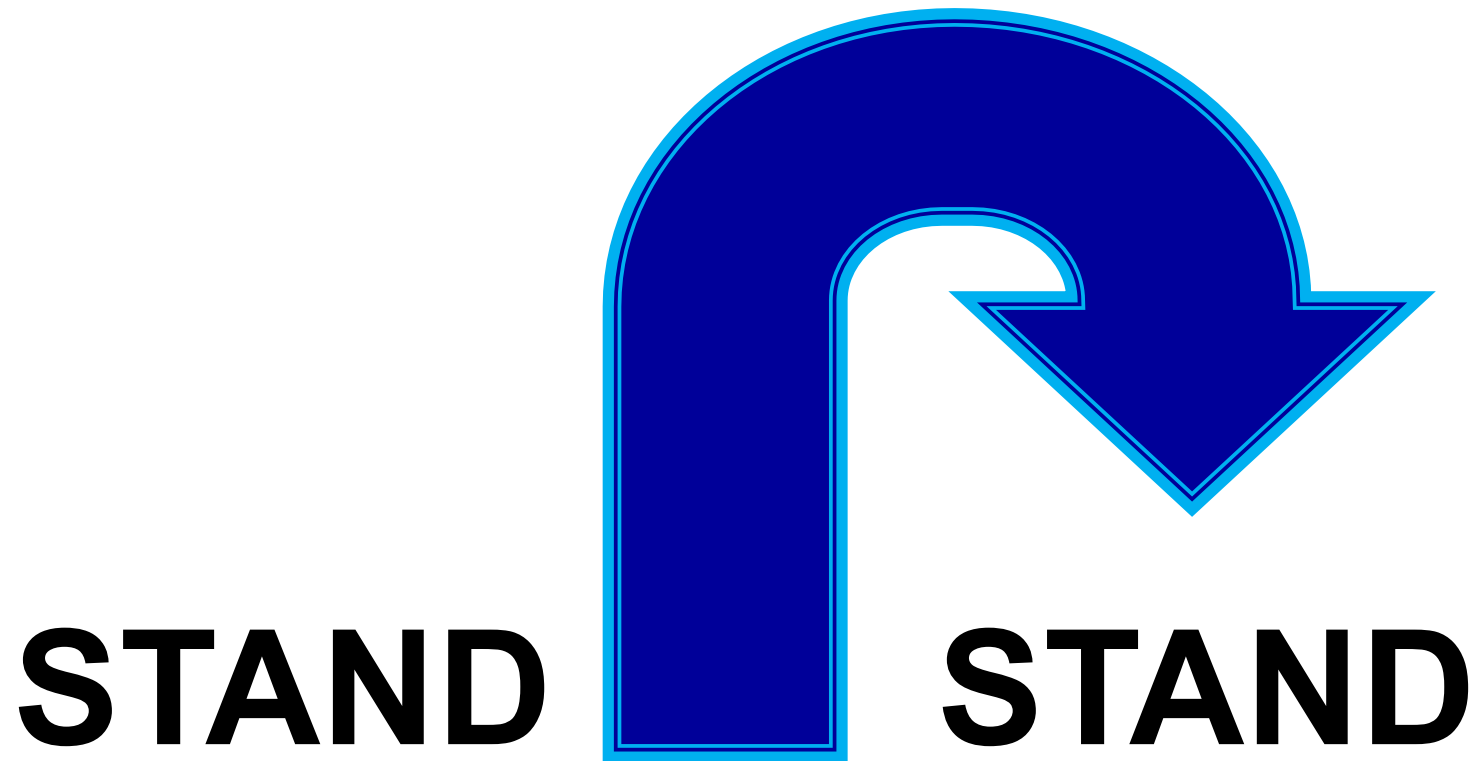
CALL FRONT

1 STEP BACK STAND

2 STEPS BACK



3 STEPS BACK DOWN



180° RIGHT TURN

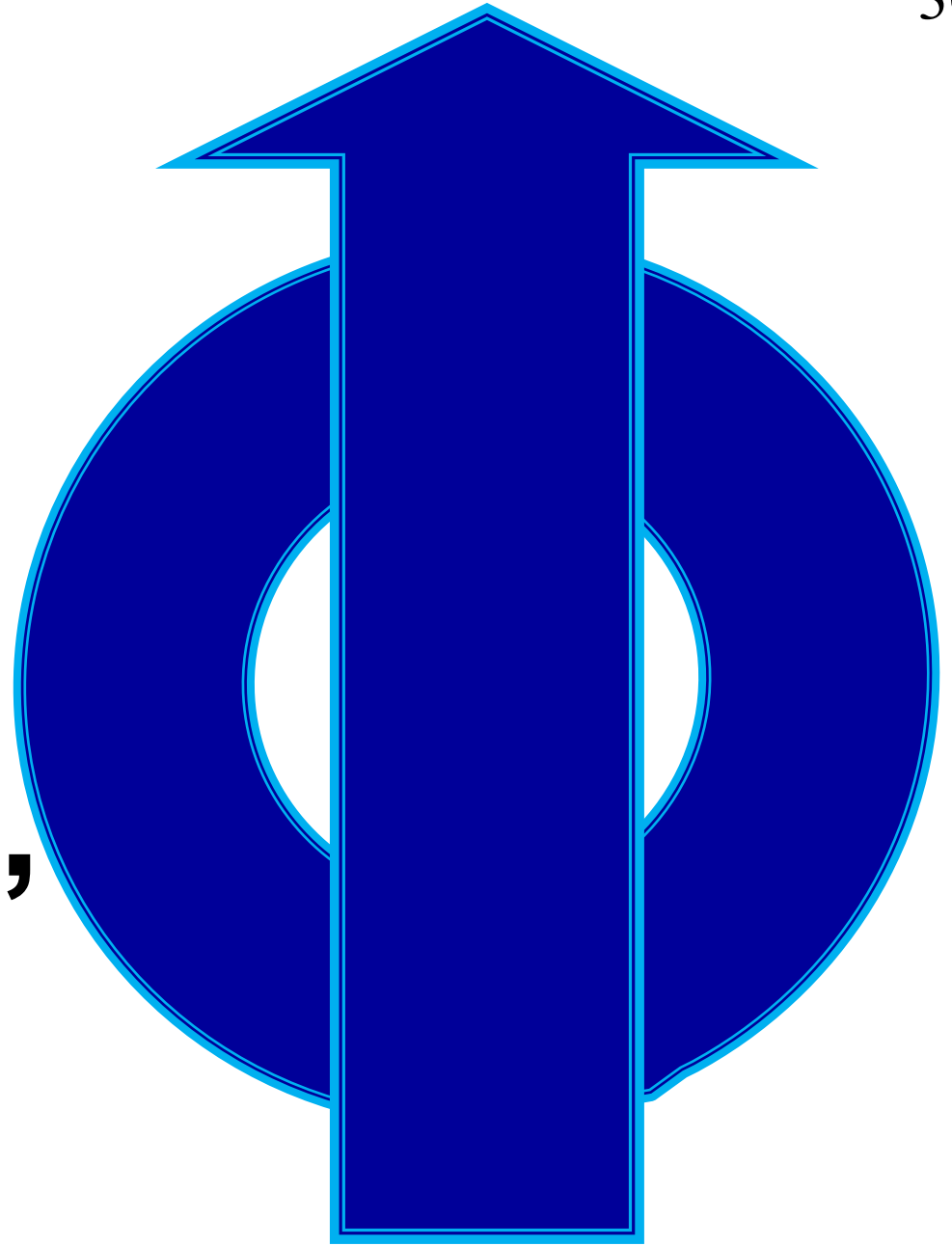


STAND

STAND

180° LEFT TURN

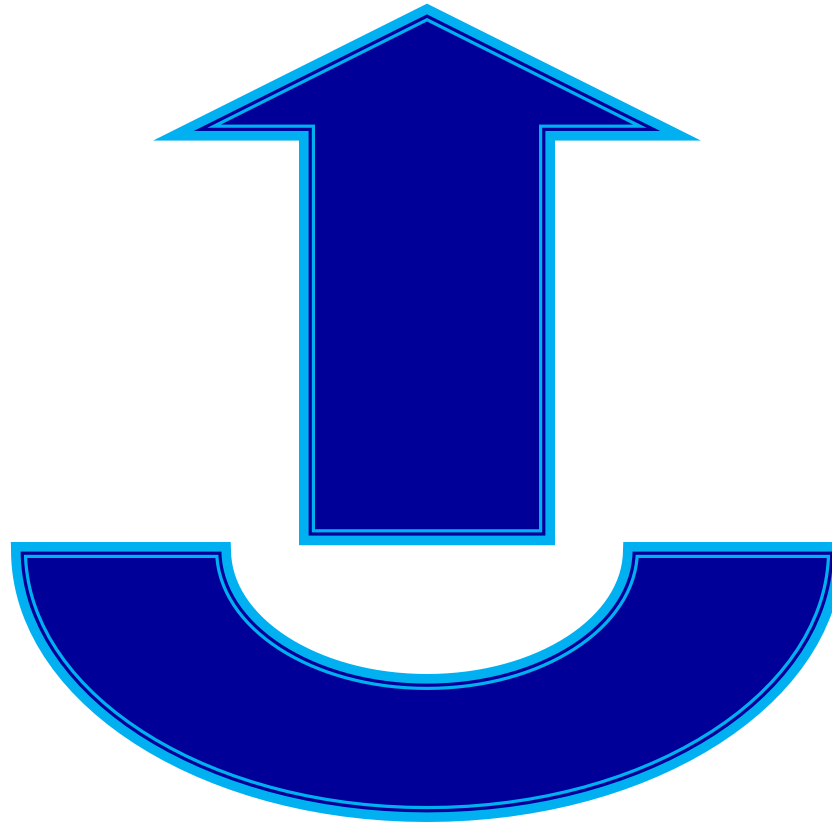
**STAND,
CIRCLE
AROUND
HANDLER,
STAND**



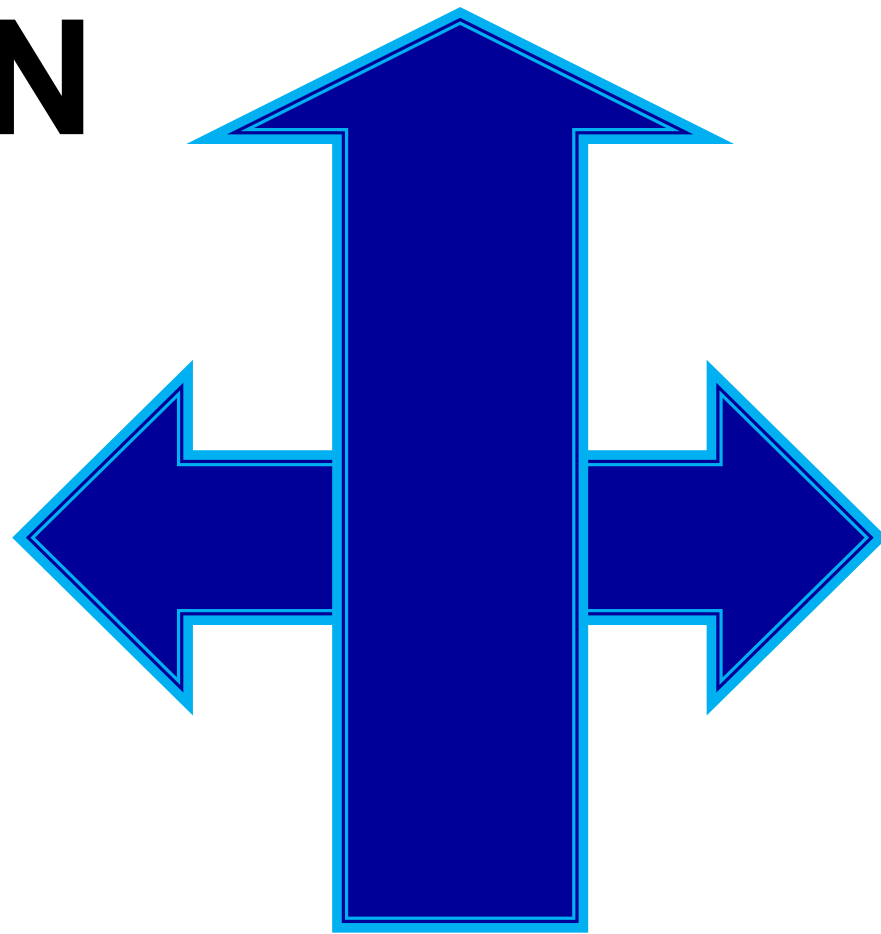


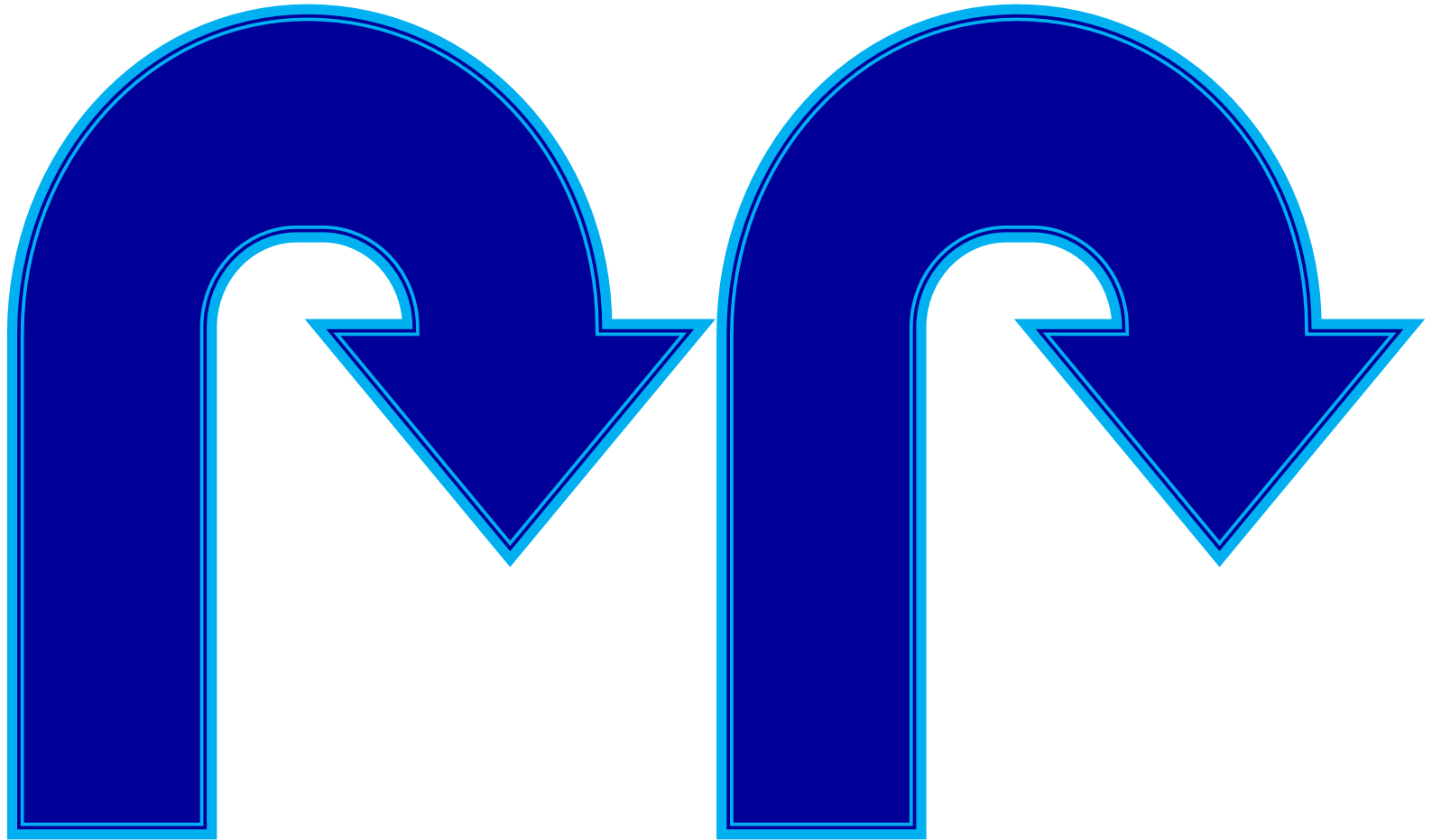
TURN TOWARD

SIDE SHIFT BEHIND

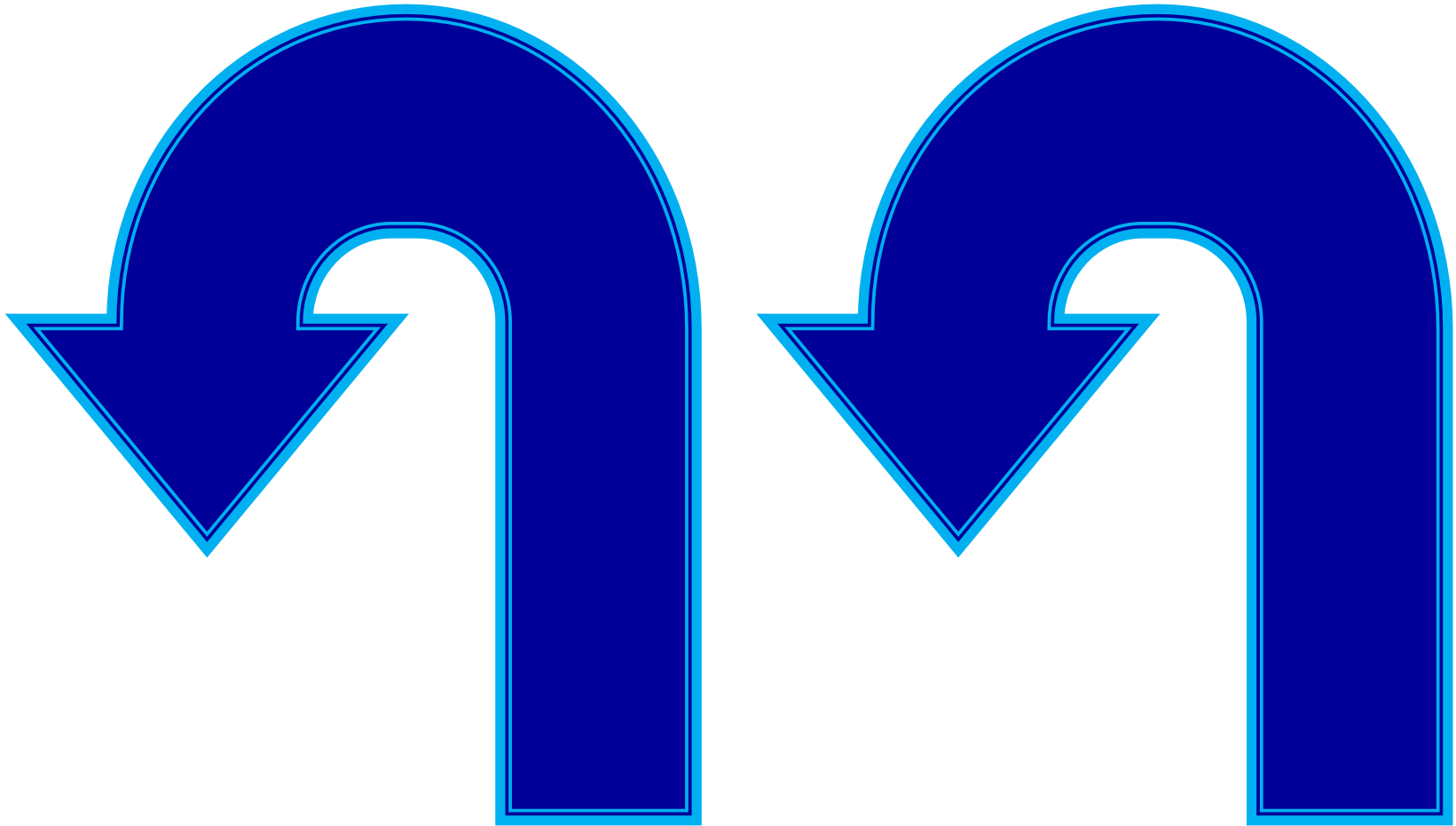


SIDE SHIFT BETWEEN LEGS



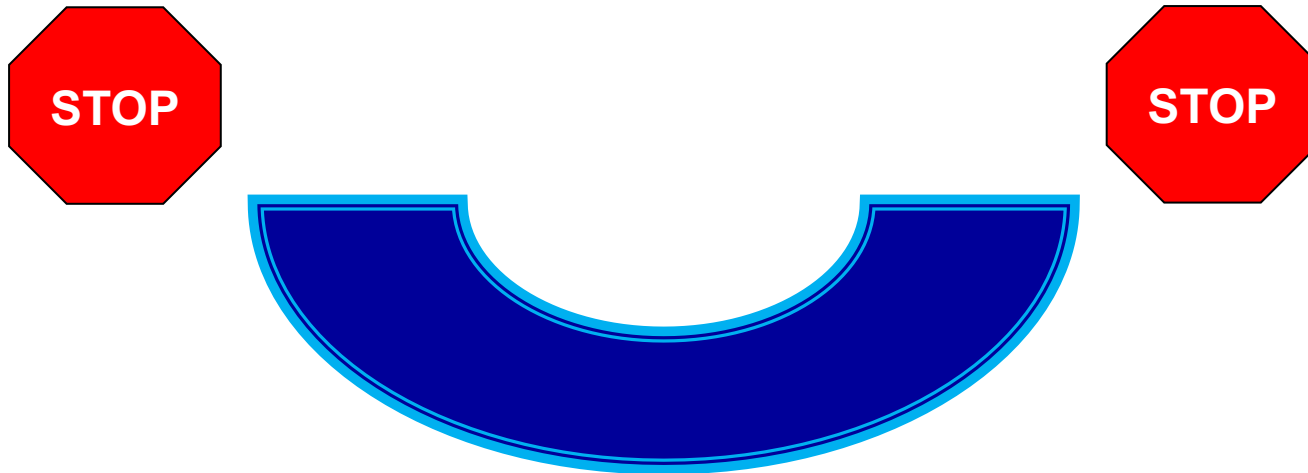


**BOTH ABOUT TURN
RIGHT**

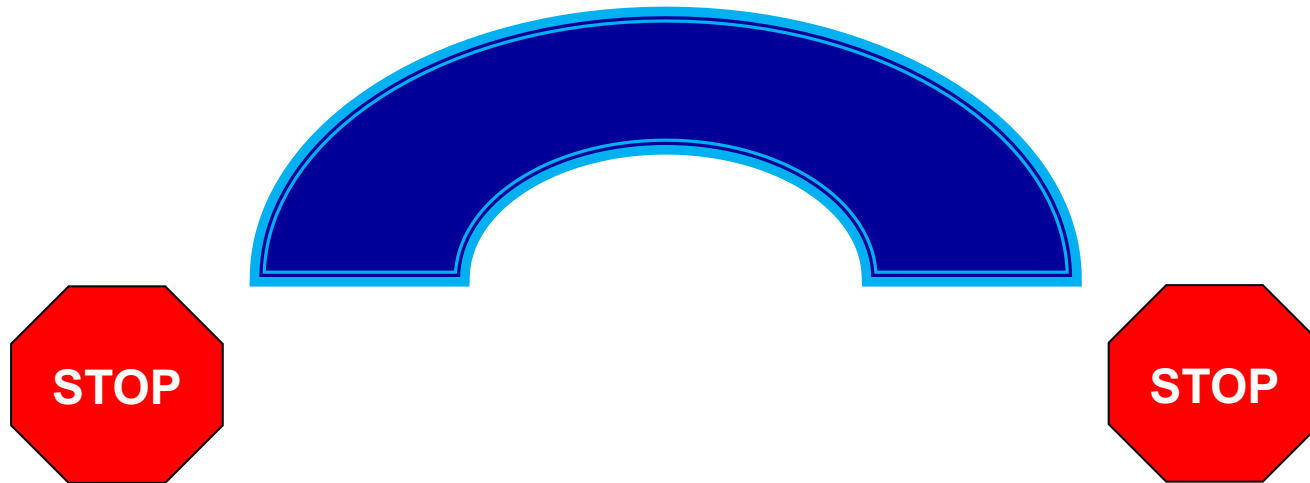


**BOTH ABOUT TURN
LEFT**

SIDE SHIFT BEHIND



SIDE SHIFT IN FRONT

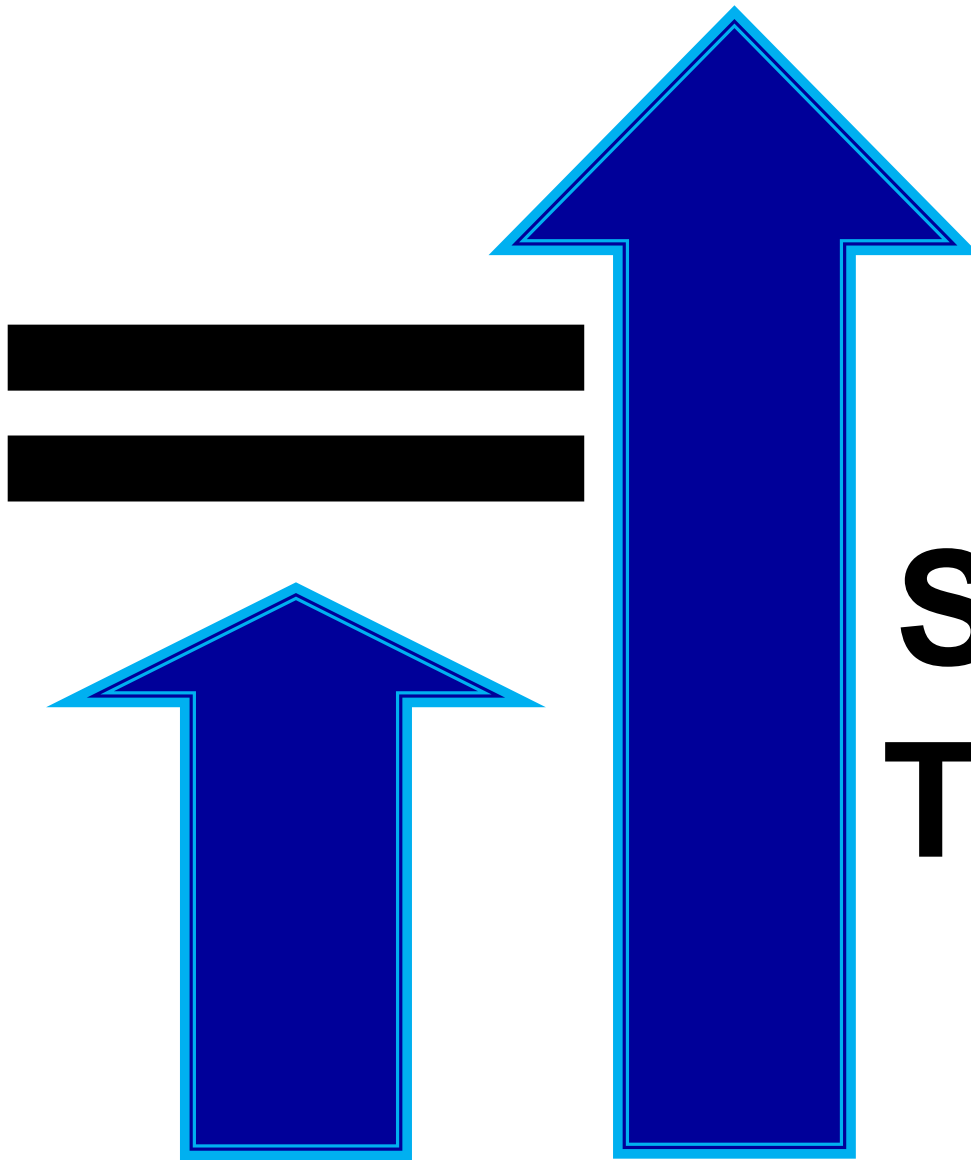


**MOVING STAND
WALK AROUND**



**MOVING DOWN
WALK AROUND**

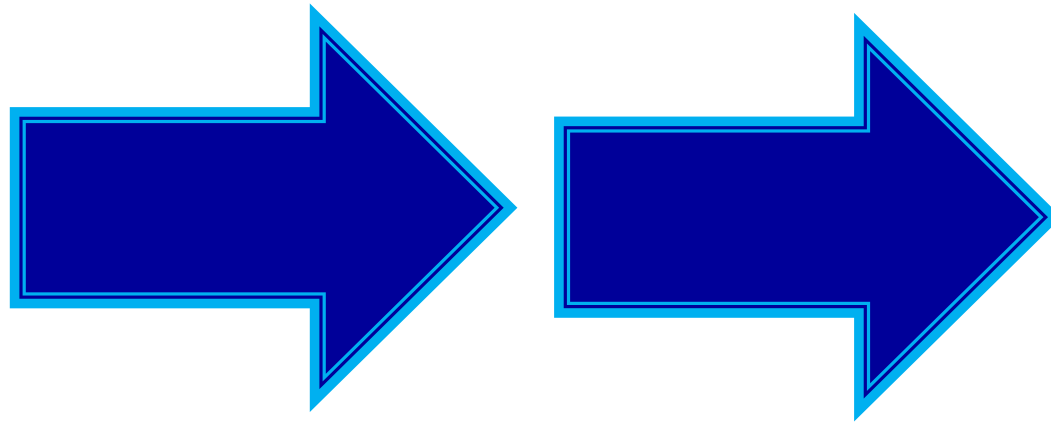




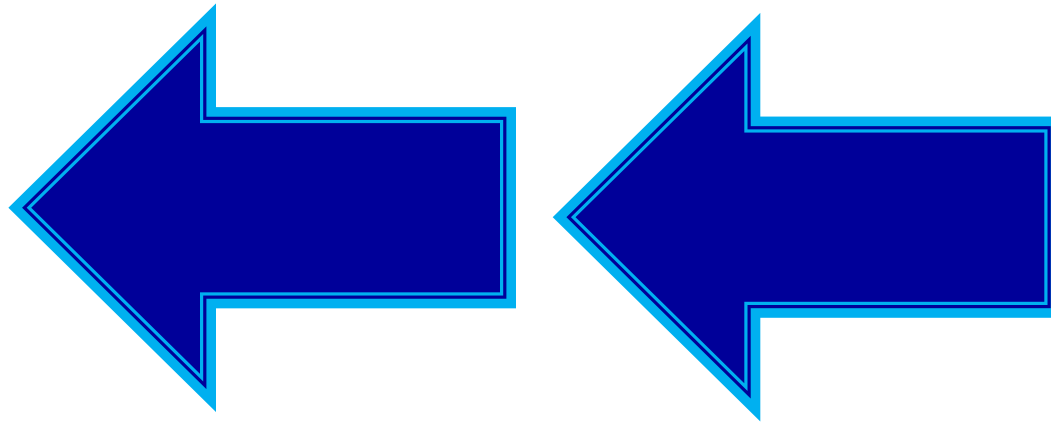
**SEND OVER
TWO JUMPS**

4 POINTS

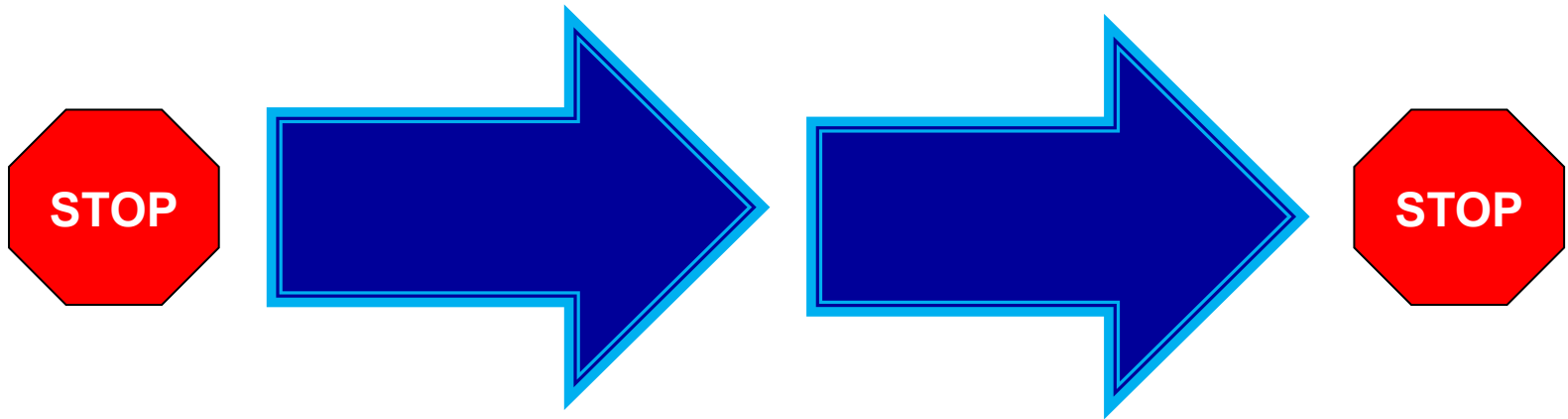
2 SIDE STEPS RIGHT



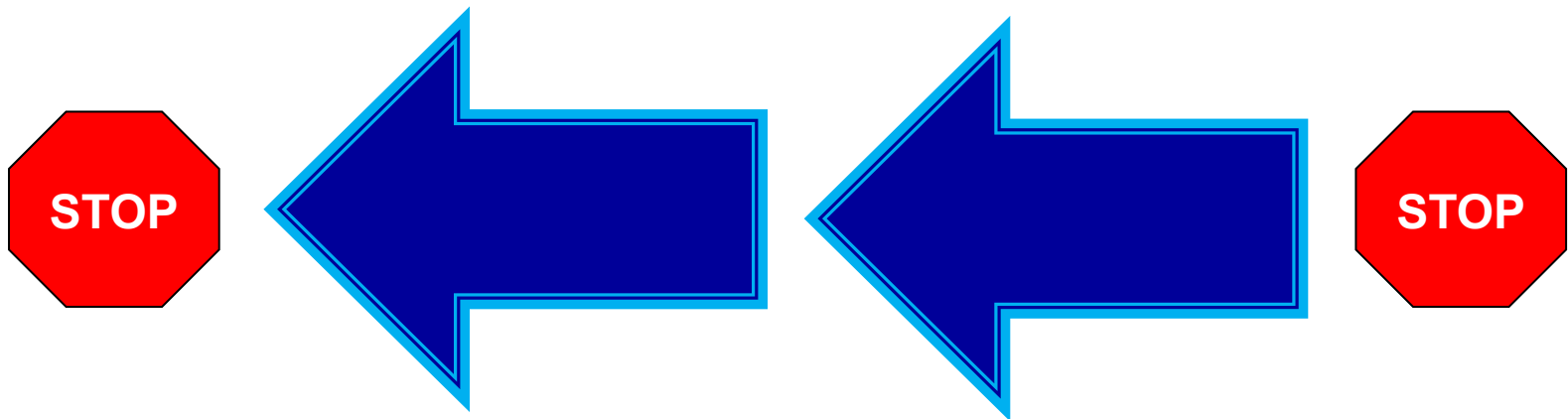
2 SIDE STEPS LEFT

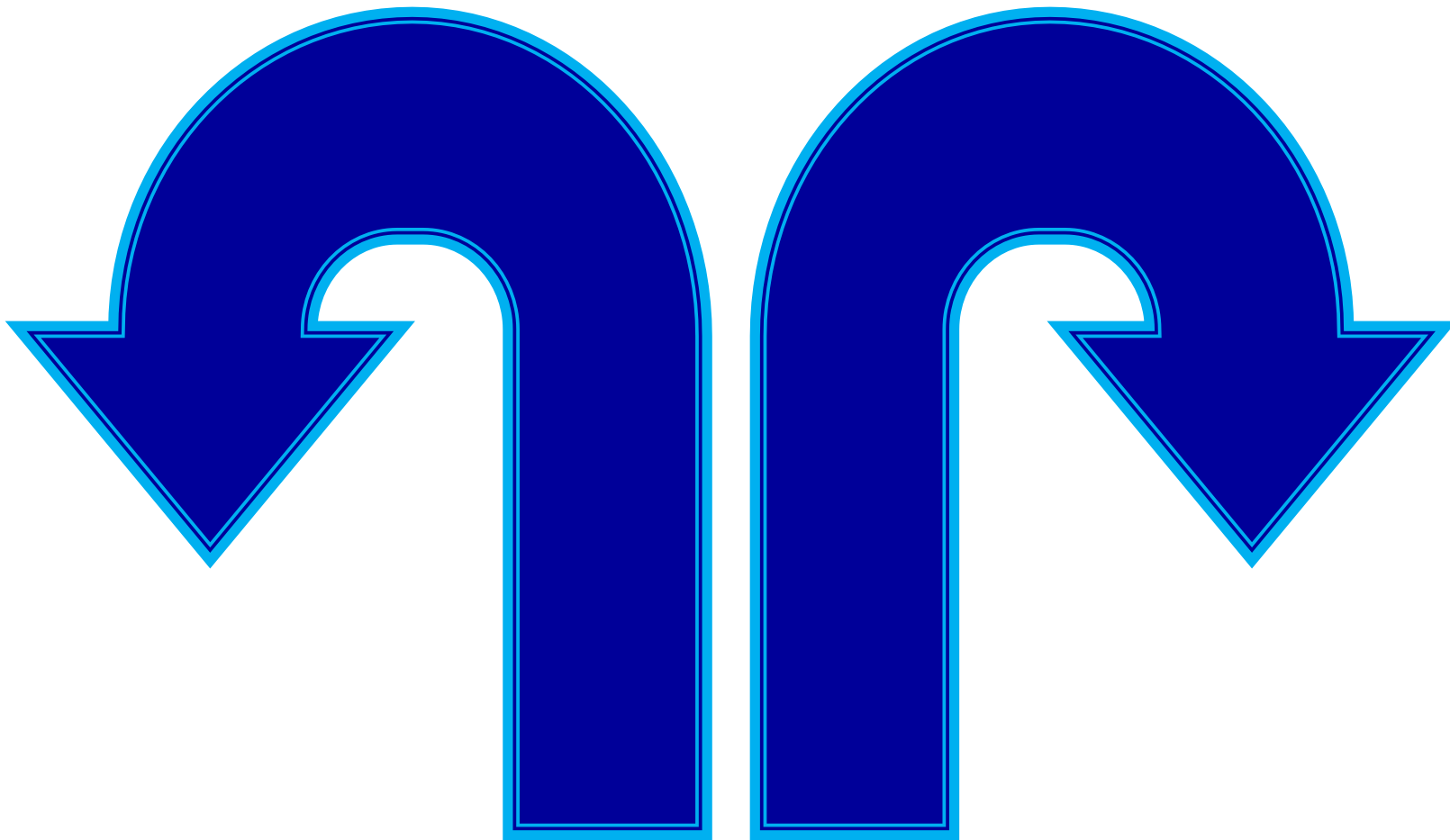


2 SIDE STEPS RIGHT



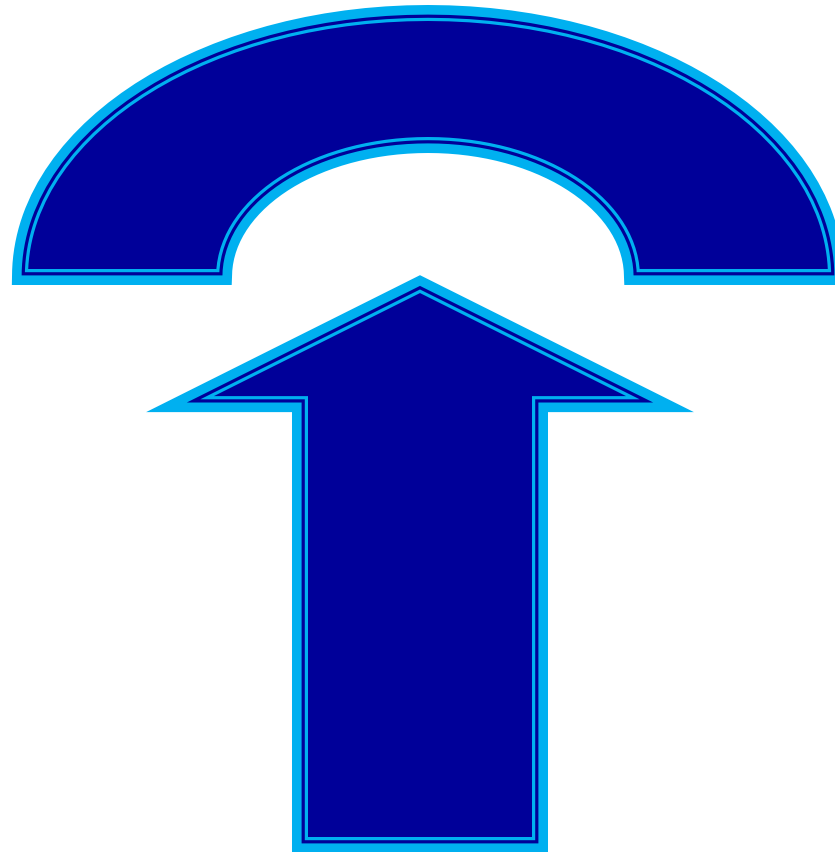
2 SIDE STEPS LEFT



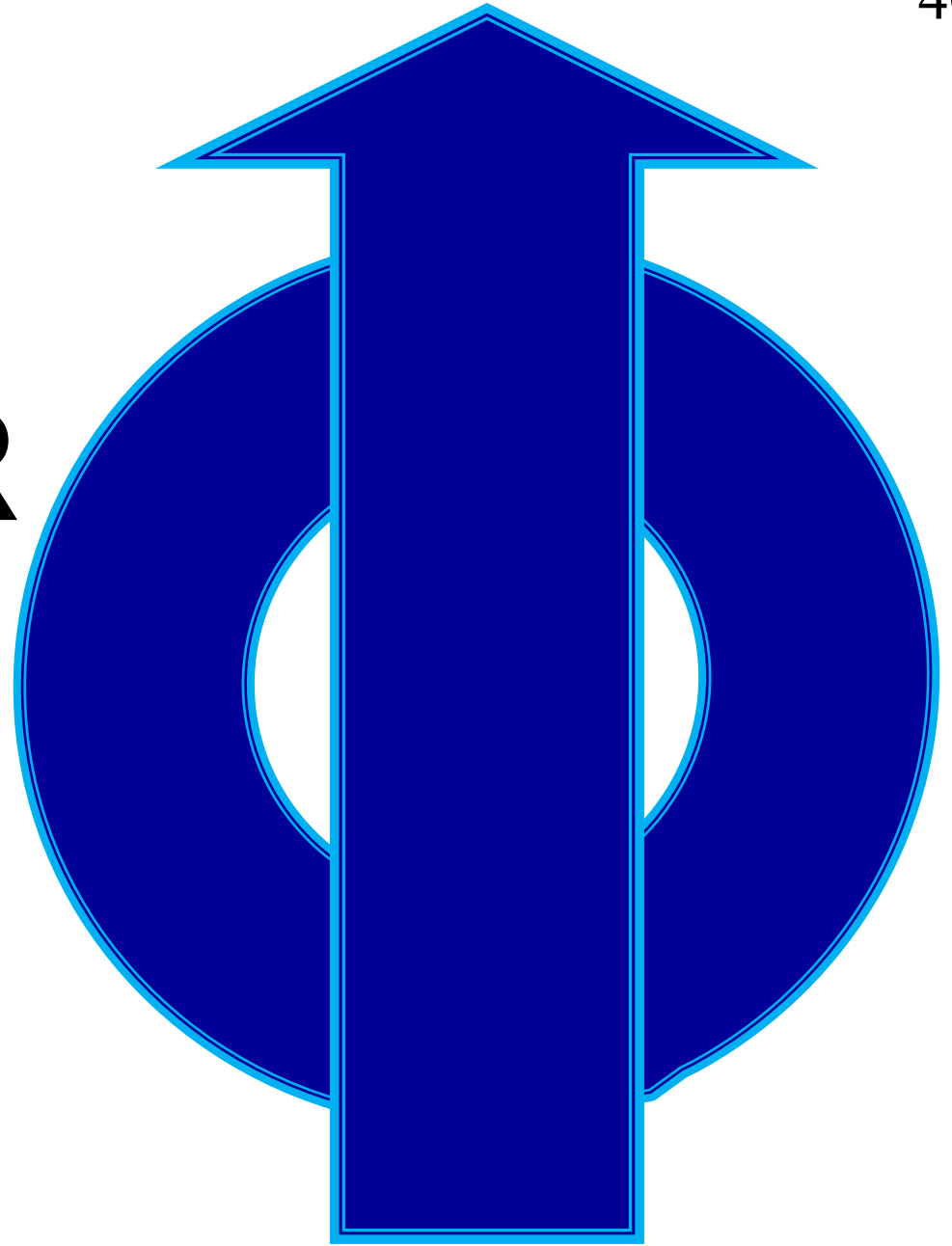


TURN APART

SIDE SHIFT IN FRONT



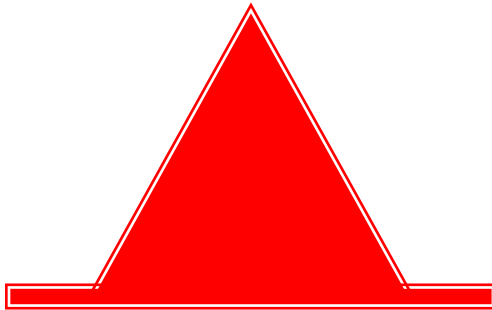
CIRCLE AROUND HANDLER



MOVING SIT
WALK FORWARD

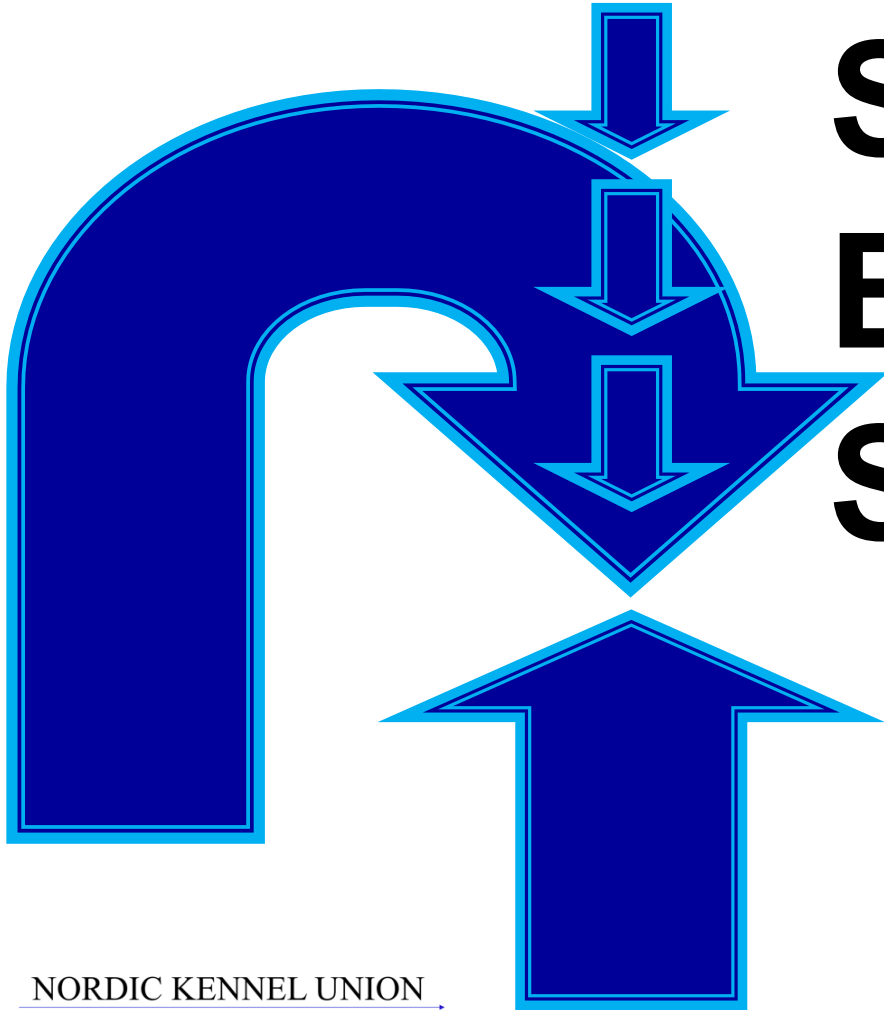


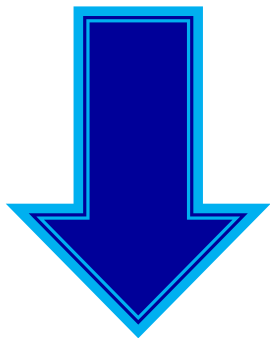
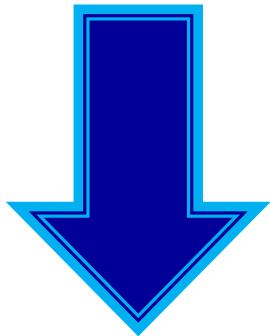
**MOVING DOWN
WALK FORWARD**



**SEND AWAY
STAND**

**CALL FRONT
STAND
BACK AWAY
STAND**





BACKWARDS

3 STEPS



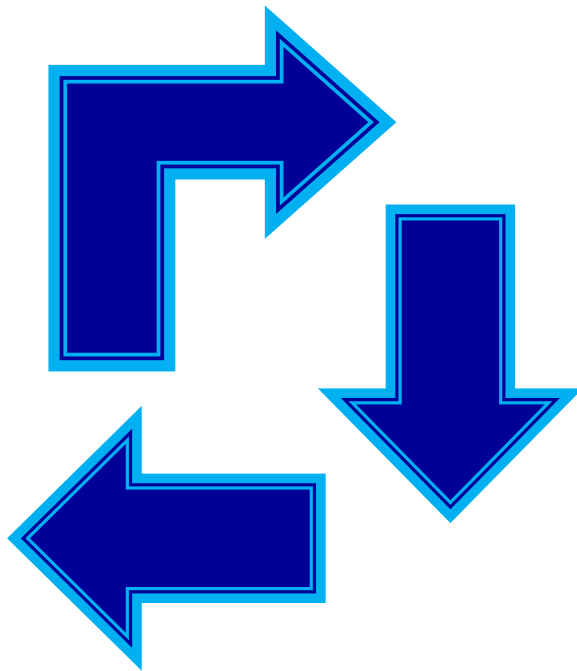
1 STEP BACK STAND



2 STEPS BACK



3 STEPS BACK DOWN

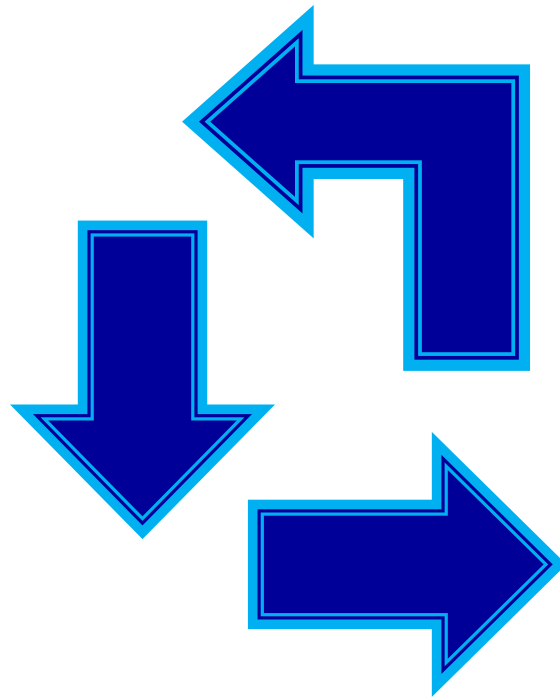


90° TURN RIGHT STAND

90° TURN RIGHT

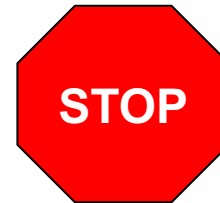


90° TURN RIGHT DOWN



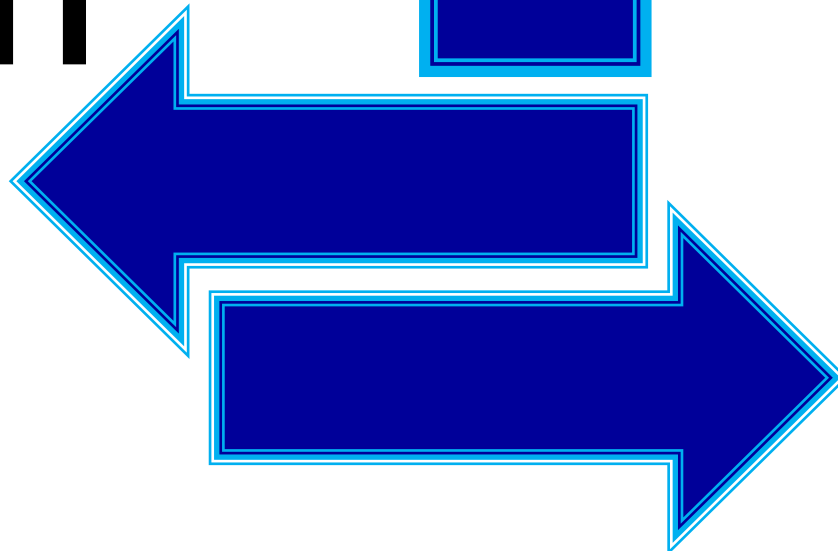
90° TURN LEFT STAND

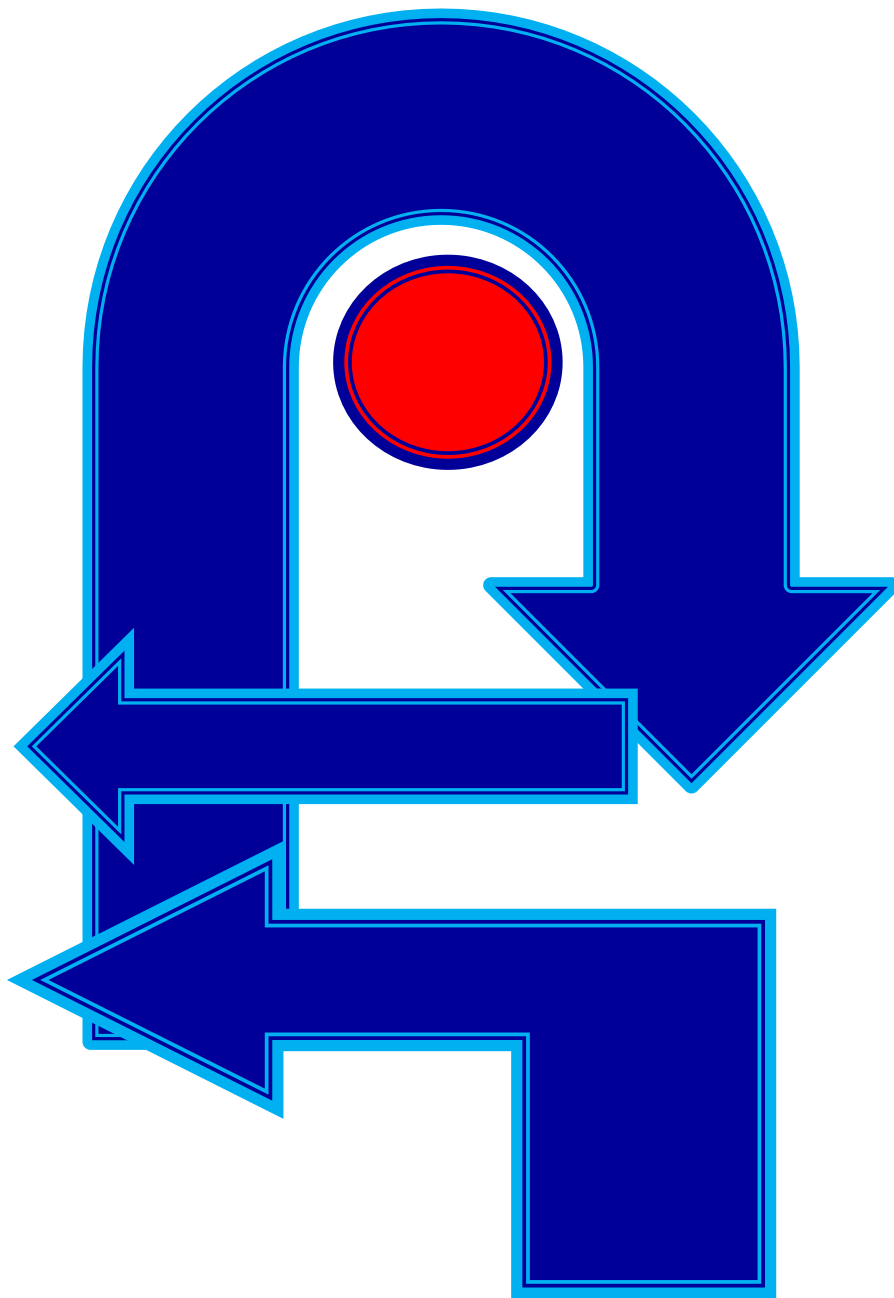
90° TURN LEFT



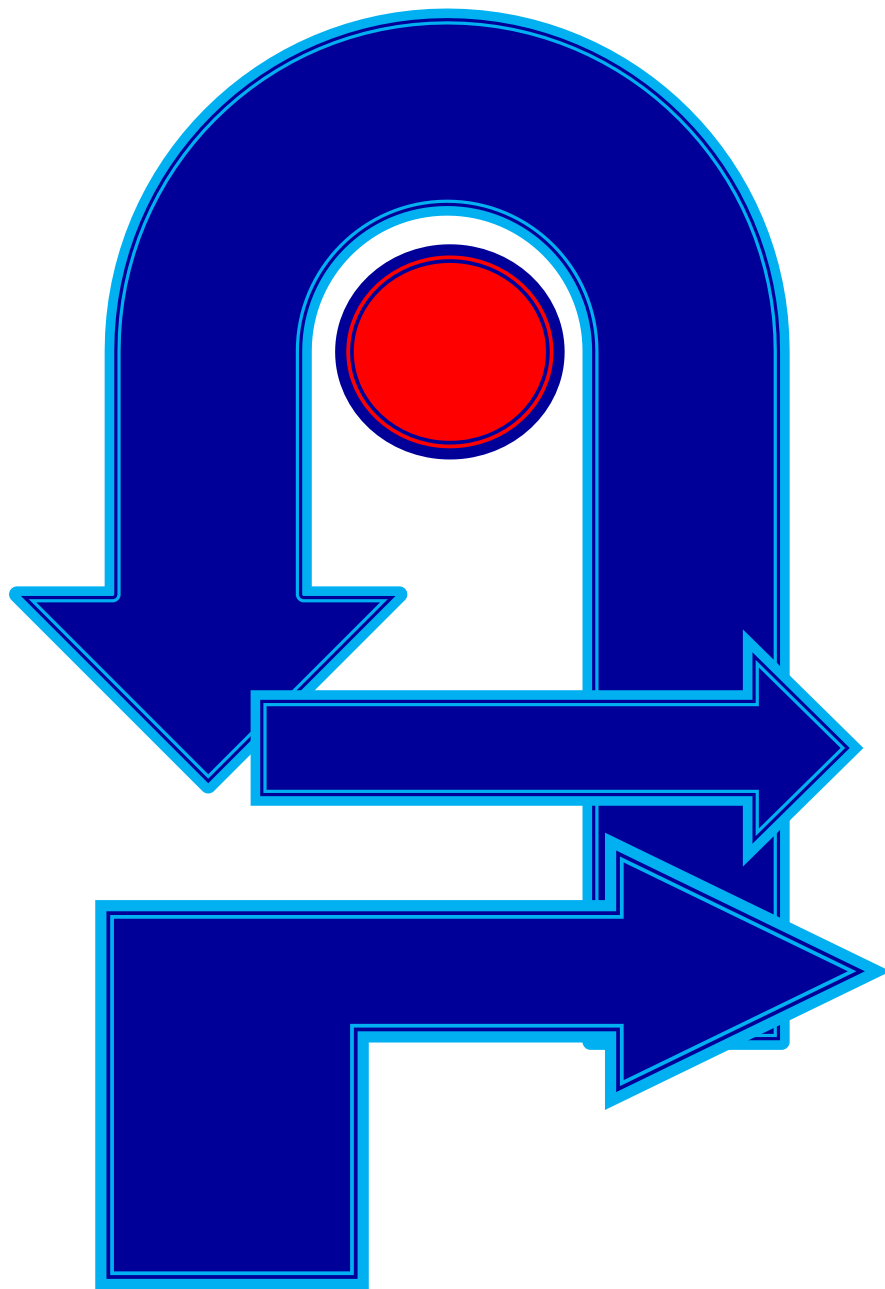
90° TURN LEFT DOWN

**CALL FRONT
SIDE STEP
LEFT
SIDE STEP
RIGHT**

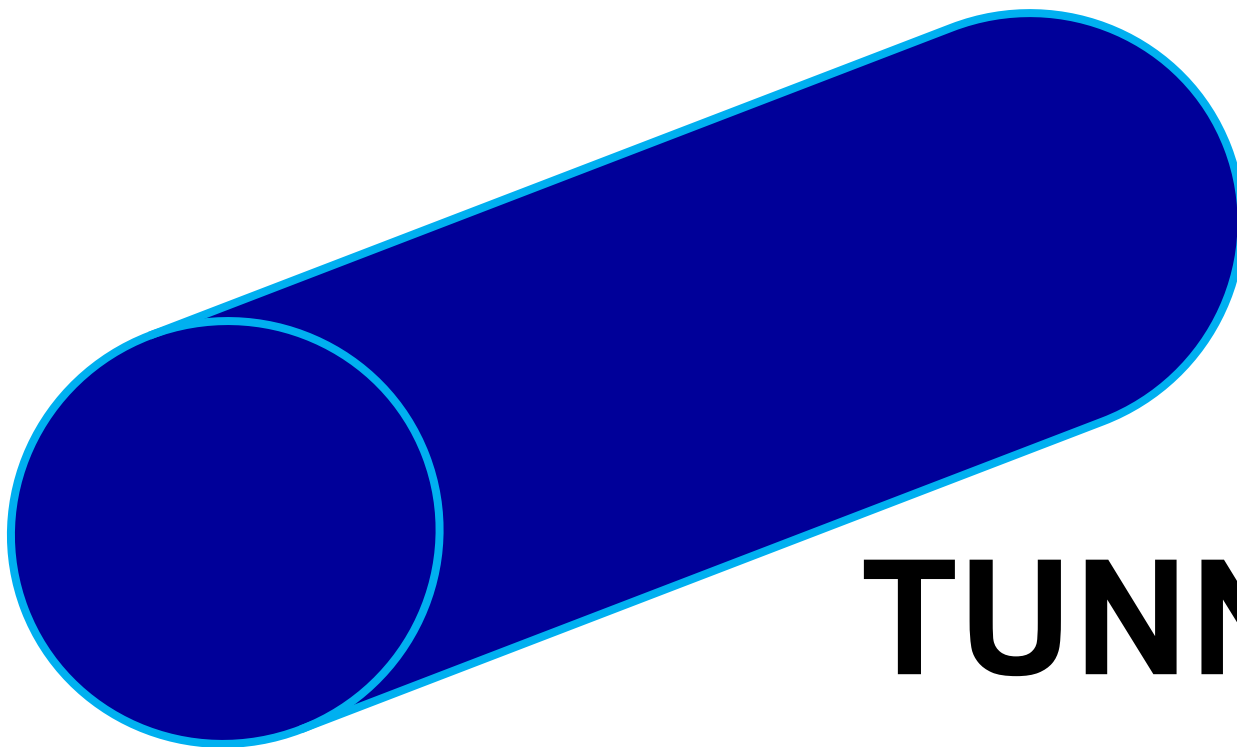




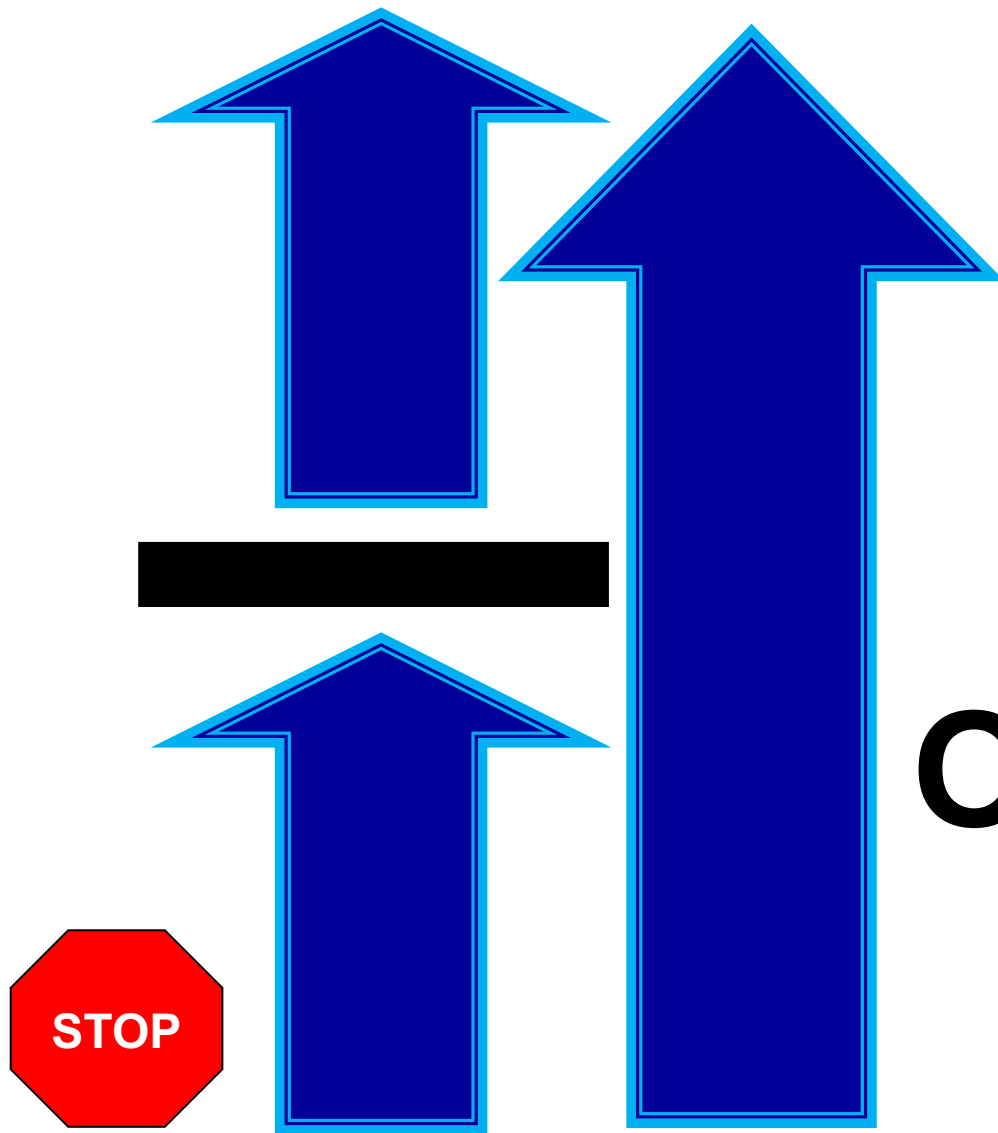
**90° TURN
LEFT
AROUND
CONE**



**90° TURN
RIGHT
AROUND
CONE**



TUNNEL



**RECALL
OVER JUMP**