

The diagram shows a rectangular training arena with 20 numbered stations. Each station is represented by a card with a number and a specific exercise instruction. The exercises include:

- 1: Start (START)
- 2: Mål (star)
- 3: Spring (Spring)
- 4: Vegetarisk Hund (Vegetarisk Hund Inderst)
- 5: Hund foran (Hund foran)
- 6: Skift side (Skift side)
- 7: Tumbler (Tumbler)
- 8: Højre om (Højre om)
- 9: 3 skridt (3 skridt)
- 10: Højre om (Højre om)
- 11: Side-step (Side-step)
- 12: Tysker (Tysker)
- 13: Side-step (Side-step)
- 14: Side-step (Side-step)
- 15: Side-step (Side-step)
- 16: Spring (Spring)
- 17: Vegetarisk Hund (Vegetarisk Hund Inderst)
- 18: 18 x 25 meter (Goal line)
- 19: 18 x 25 meter (Goal line)
- 20: 18 x 25 meter (Goal line)

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	39	15	66	17	82	81	84	44	32	79	61	9	35	33	4	60			18 x	25 meter