

The diagram shows a 20x20 grid with 20 numbered stations. Each station contains a specific task or obstacle. A large orange hand icon is drawn over the bottom right portion of the grid. A table at the bottom lists the skill numbers and exercise numbers for each station.

| Skilt nr. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|------------|----|----|----|---|----|----|----|---|----|----|----|----|----|----|----|----|----|----|---------------|----|
| Øvelse.nr. | 78 | 80 | 52 | 3 | 60 | 58 | 68 | 4 | 44 | 58 | 9 | 81 | 84 | 69 | 61 | 56 | 10 | 70 | 18 x 25 meter | 20 |