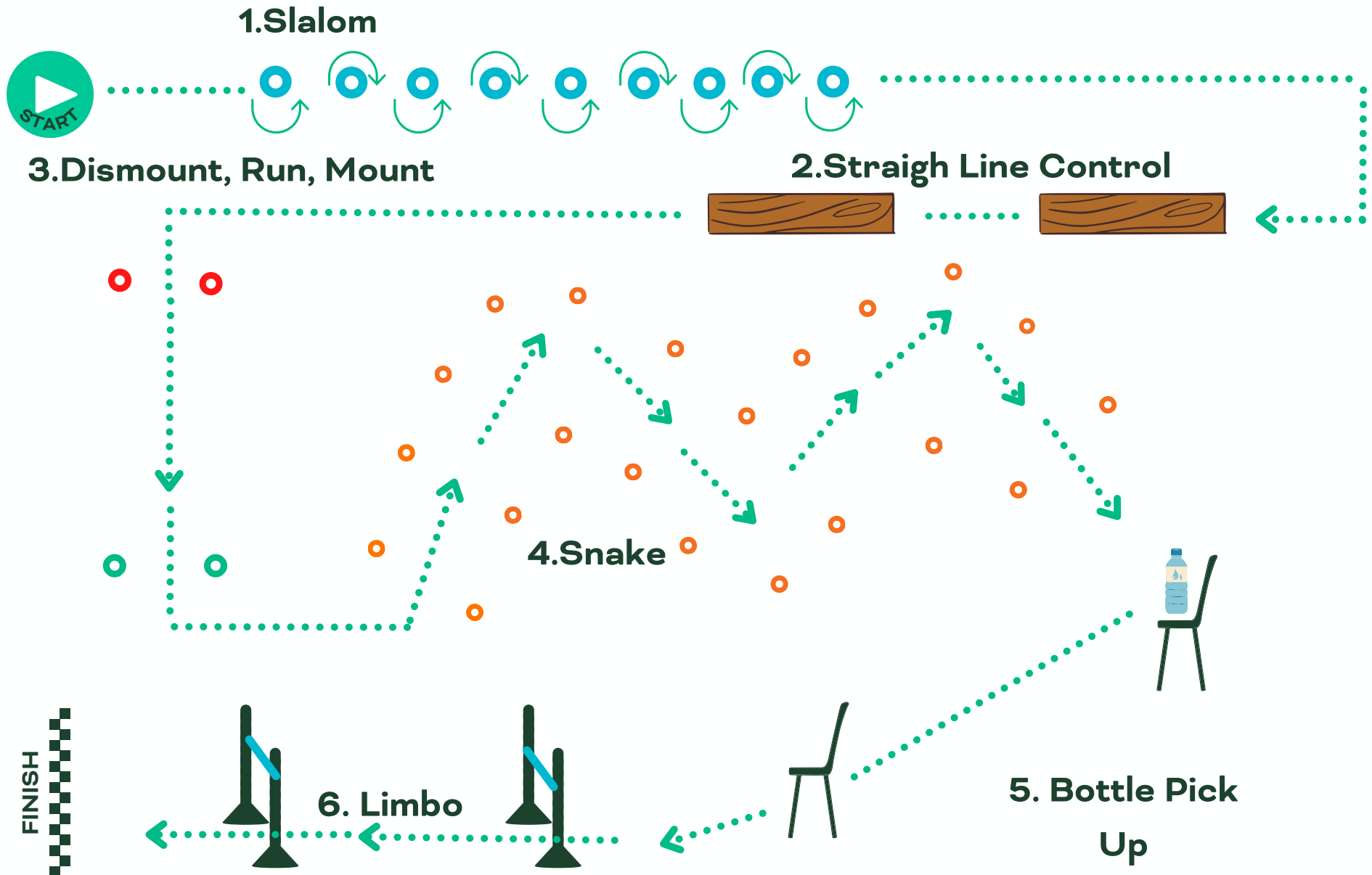


## Video Demonstration



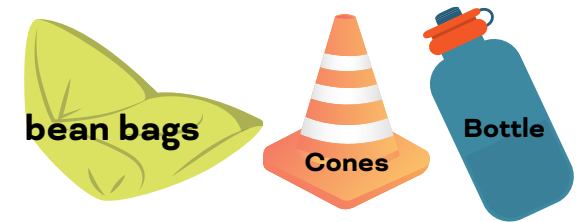
## Video Demonstration



### Description

Cycling in and out of the obstacles.

### Equipment:



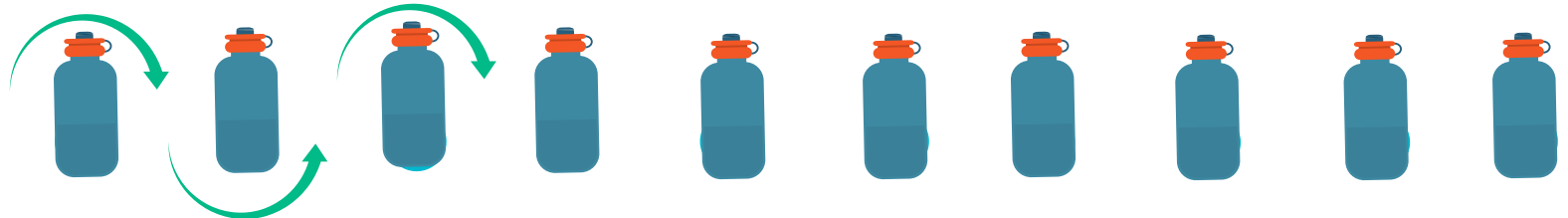
#### Variation 1

Cycle sitting, standing or free wheeling



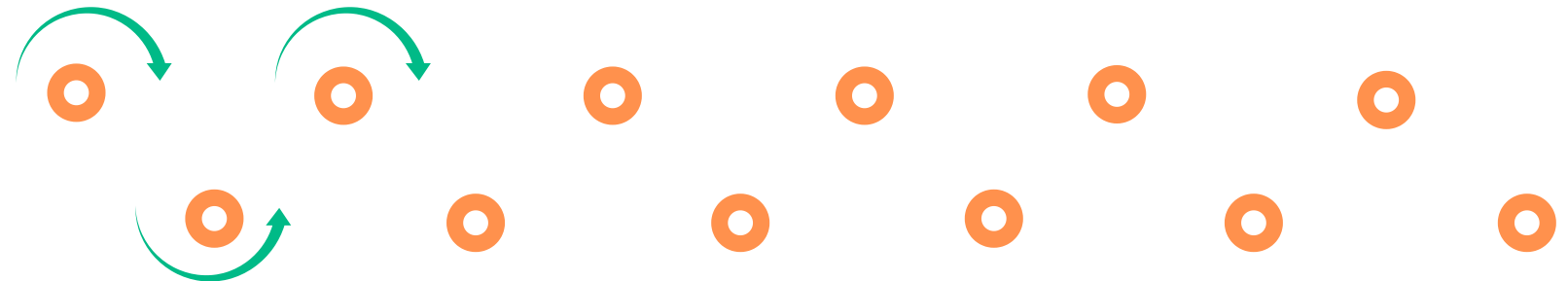
#### Variation 2

Change the space between cones  
1, 2, 3 meters



#### Variation 3

Stagger the width of cones



## Video Demonstration



### Description

Cycle in a straight line, look ahead and not at your front wheel.

### Equipment:



#### Variation 1

Different lengths of wood & chalk lines

3ft

6ft



#### Variation 2

Cycle sitting, standing & free wheeling

6f



#### Variation 3

Move the cones closer together, narrowing the space



## Video Demonstration



### Description

Cycle to the first cone/line and dismount, walk with the bike to the end cone/line and mount the bike. Remember to pull both brakes getting on and off your bike on the left hand side.

#### Variation 1

Increase the speed by walking, jogging or running



#### Variation 2

Start by holding the handle bars when off the bikes and progress to holding the saddle



#### Variation 3

Lengthen the space between getting off and on the bike



### Equipment:



## Video Demonstration



### Description

Keep your head up, look ahead and weave around the snake keeping in between the markers.

### Equipment:



#### Variation 1

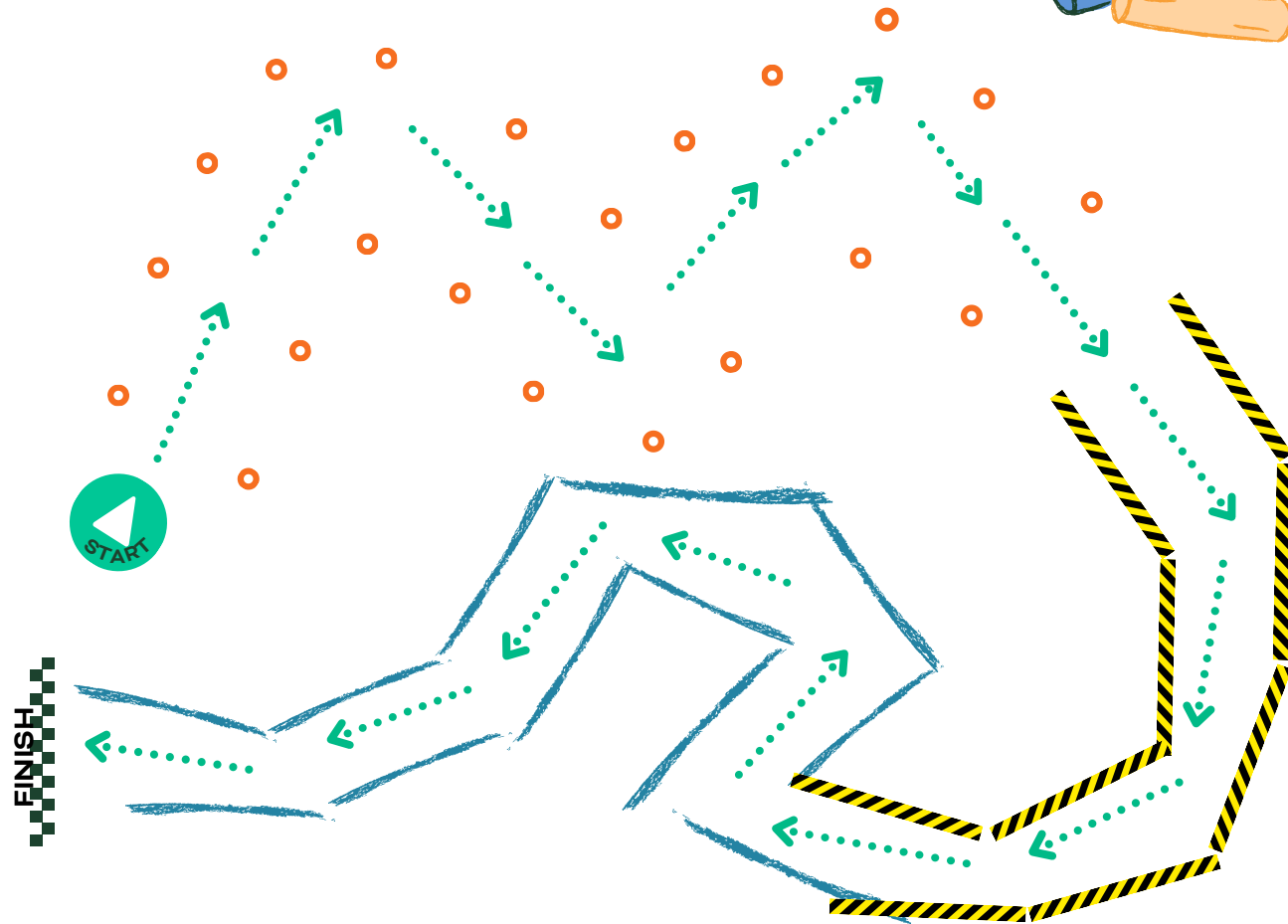
Use S and Zigzag shapes

#### Variation 2

Change the angle of the corners, make them wider or tighter

#### Variation 3

Change the gradient of the course



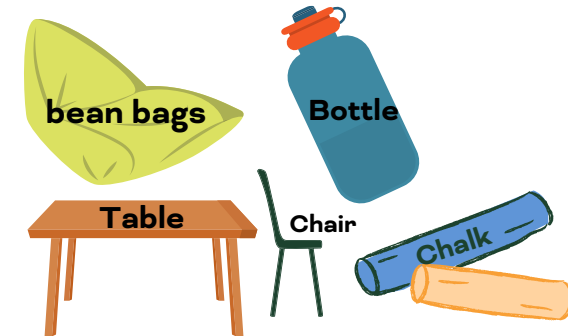
## Video Demonstration



### Description

Cyclist will cycle towards the bottle they have to pick-up. With one hand they will pick-up the bottle off the table and cycle to the next table where they will put it down

### Equipment:

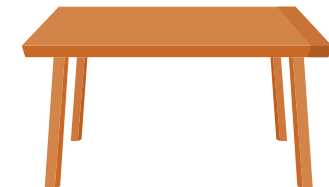


#### Variation 1

Change the height of where the object is picked up from and put down

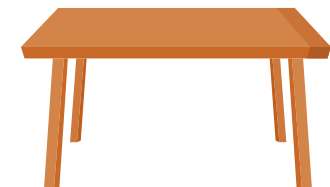


Out of hand



#### Variation 2

Change the side of where the object is picked up from and put down - right and left



#### Variation 3

Change the size of the area where the bottle is put down



## Video Demonstration

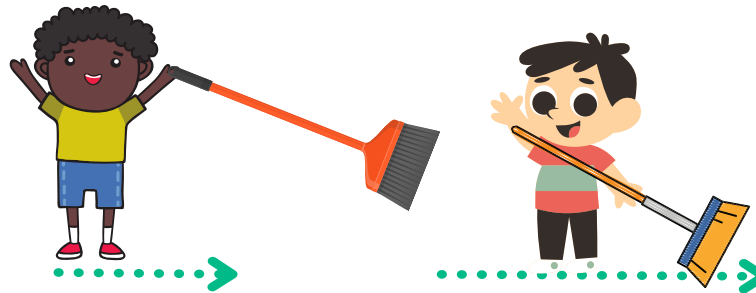


### Description

Cycle towards the limbo and duck down low with eyes facing forward.

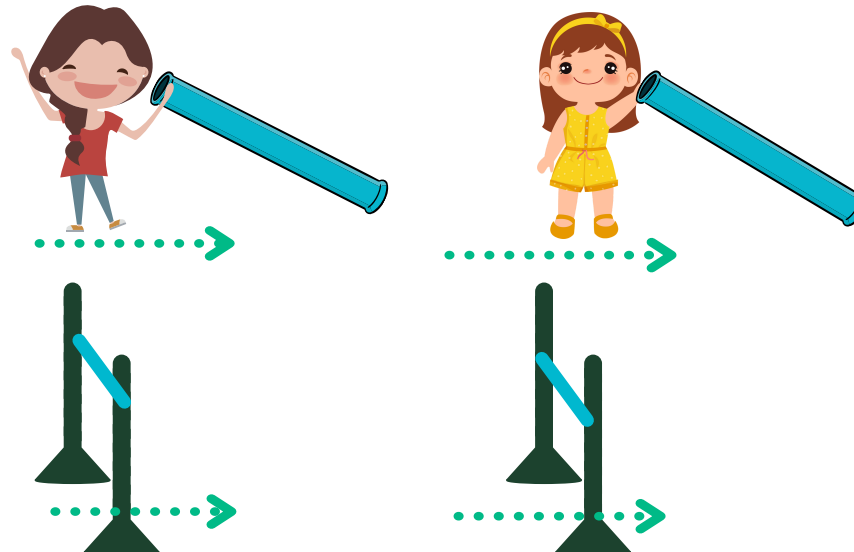
#### Variation 1

Change the height of the limbo



#### Variation 2

Tilt the bike either side - left and right



#### Variation 3

Add multiple limbos and change the distance between each one



### Equipment:

