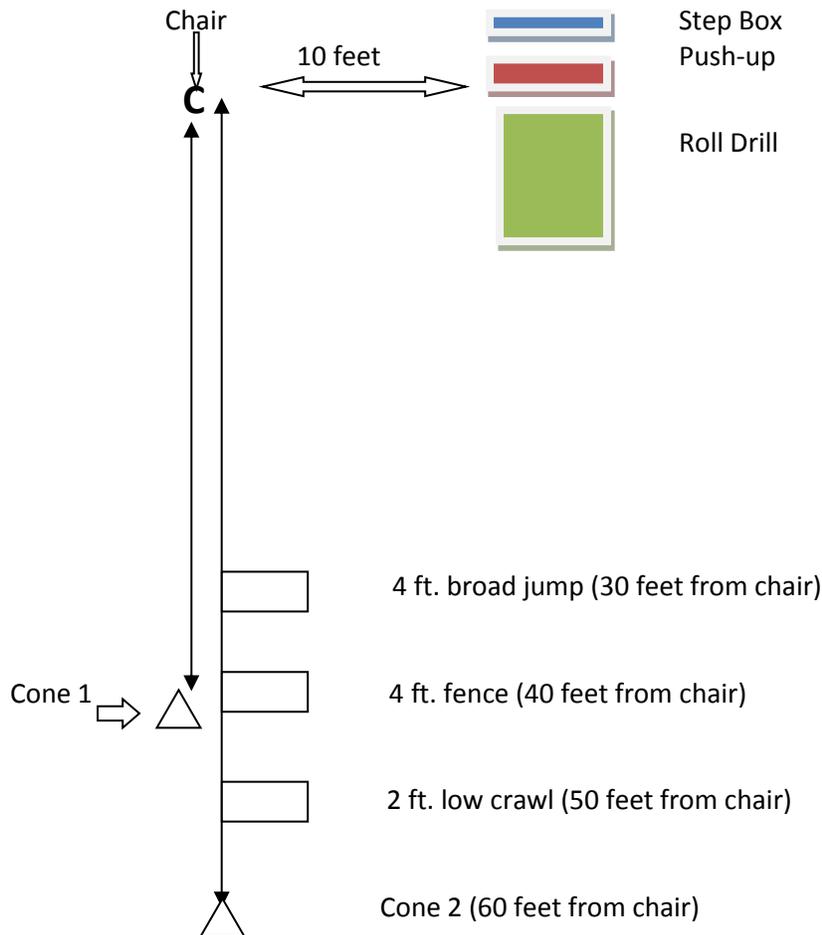


## Modified POPAT

Scenario #1: Chase and Apprehension

Time: ≤ 6:54 to pass



### Start Position in Chair

1. Chair to Cone 1 (40 ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60 ft.) while completing the following obstacles:
  - a. 4 foot broad jump
  - b. 4 foot "fence" climb
  - c. Crawl under obstacle (2 foot high)
3. Cone 2 to mat
4. "Roll Drill", 3 repetitions (a-d equals 1 repetition)
  - a. Start on top of 100 lb. heavy bag with left knee on mat
  - b. Roll to right until bag is over body
  - c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
  - d. Perform complete turn to left until left knee touches mat
5. 17 push-ups
6. "Roll Drill", 3 repetitions
7. Mat to Cone 2 while completing the following obstacles:
  - a. 4 foot broad jump
  - b. 4 foot "fence" climb
  - c. Crawl under obstacle (2 foot 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

Scenario #2: Rescue    *Time: ≤ 3:27 to pass*

1. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
2. 25 Steps (up and down) on step box
3. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
4. Drag 165 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (past line adjacent to cone each way)

