

# THREE

## SHEPHERD TRIALS



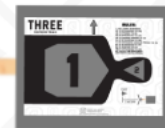
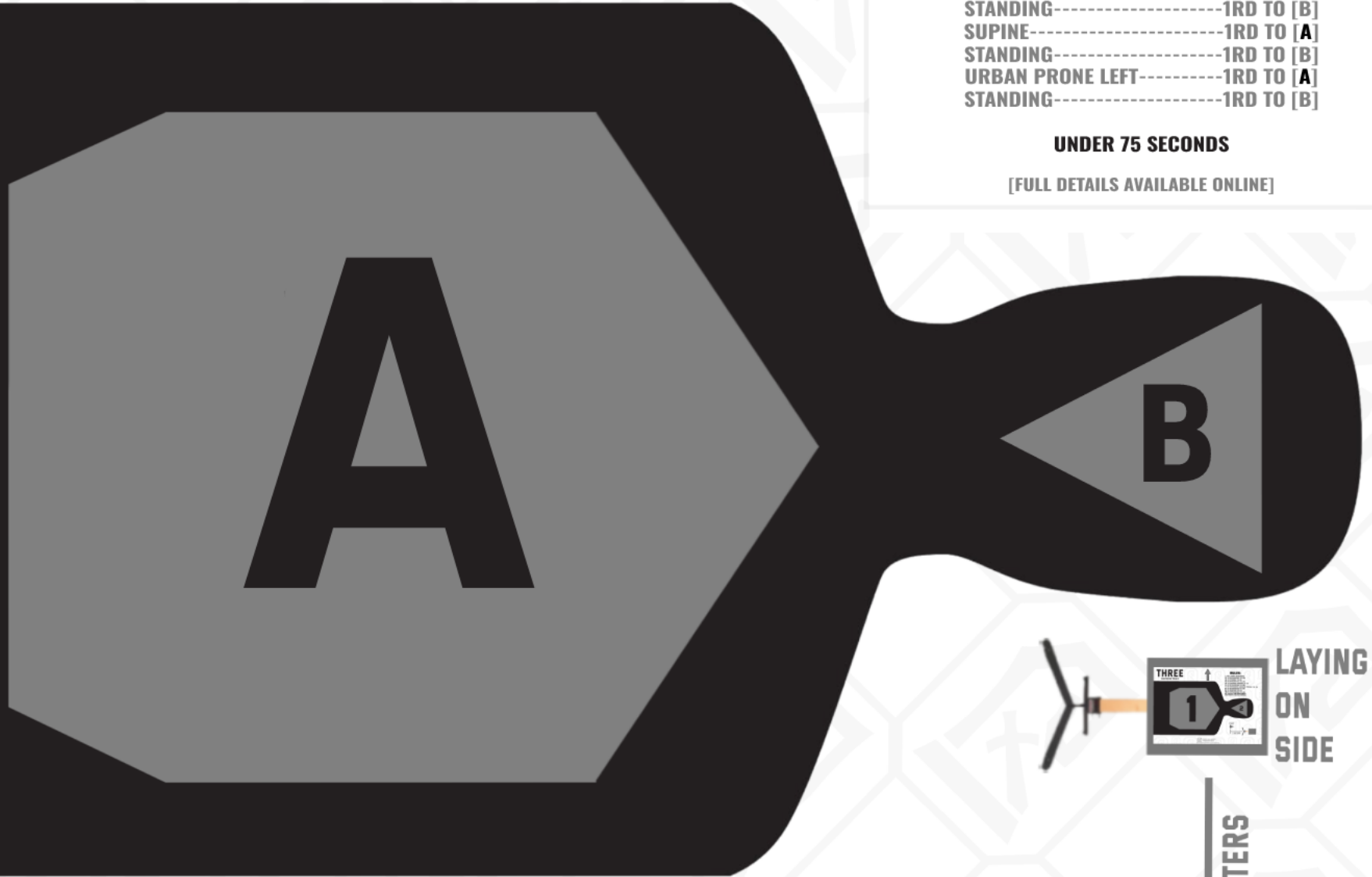
### RULES:

20 JUMP BURPEES THEN:

- PRONE-----1RD TO [A]
- STANDING-----1RD TO [B]
- URBAN PRONE RIGHT-----1RD TO [A]
- STANDING-----1RD TO [B]
- SUPINE-----1RD TO [A]
- STANDING-----1RD TO [B]
- URBAN PRONE LEFT-----1RD TO [A]
- STANDING-----1RD TO [B]

**UNDER 75 SECONDS**

[FULL DETAILS AVAILABLE ONLINE]



LAYING  
ON  
SIDE

5 METERS

START



SHARE YOUR JOURNEY  
#SHEPHERDTRIALS