

RULES:

20 JUMP BURPEES

STRONG HAND ONLY:

2RDS TO [A]

RELOAD

1RD TO [B]

WEAK HAND ONLY:

2RDS TO [A]

RELOAD

1RD TO [B]

UNDER 60 SECONDS

[FULL DETAILS ONLINE]

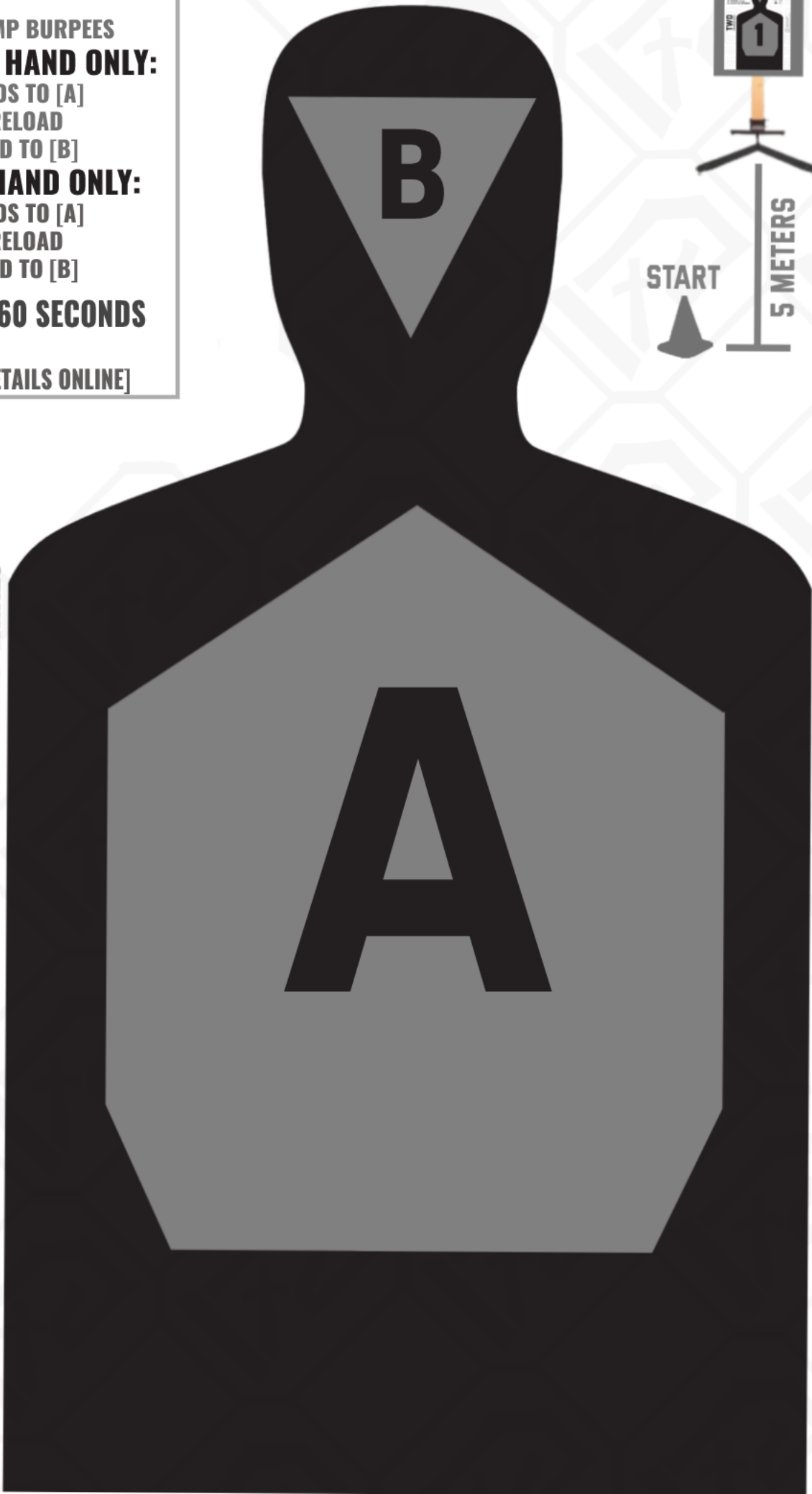


5 METERS

START



TWO
SHEPHERD TRIALS



SHARE YOUR JOURNEY
#SHEPHERDTRIALS



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