



**10 ROUNDS**

# **MAKE THE SHOT**

**MOVING OR STATIC**

**STARTING AT 7M  
ON THE BEEP:  
MOVE TO 3M  
FIRE 1 ROUND  
UNDER 3 SECONDS**

**STARTING AT 3M  
ON THE BEEP:  
FIRE 1 ROUND  
UNDER 2 SECONDS**

**REPEAT 10x**

**DO. NOT. FAIL.**