



**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.**