



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.