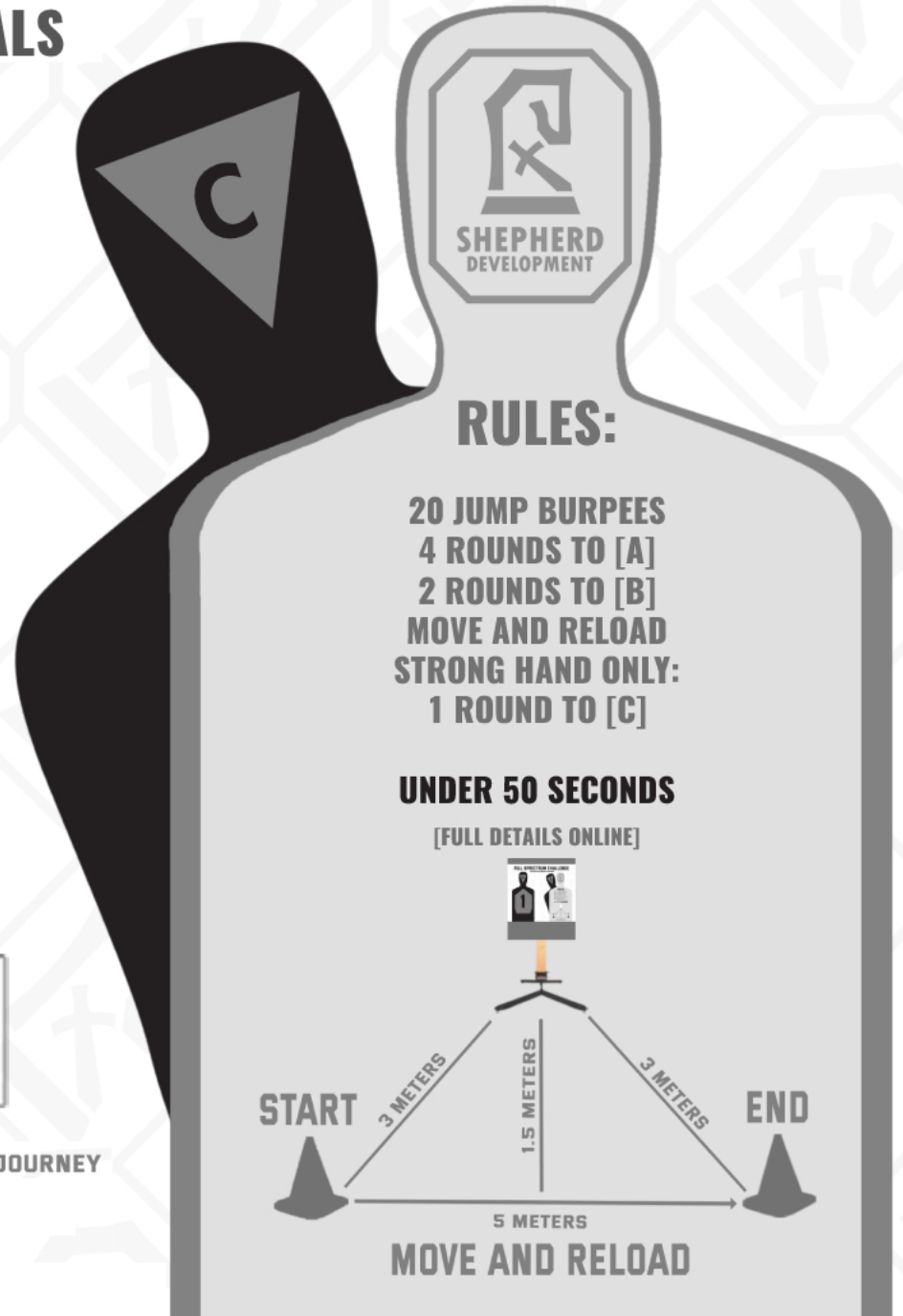
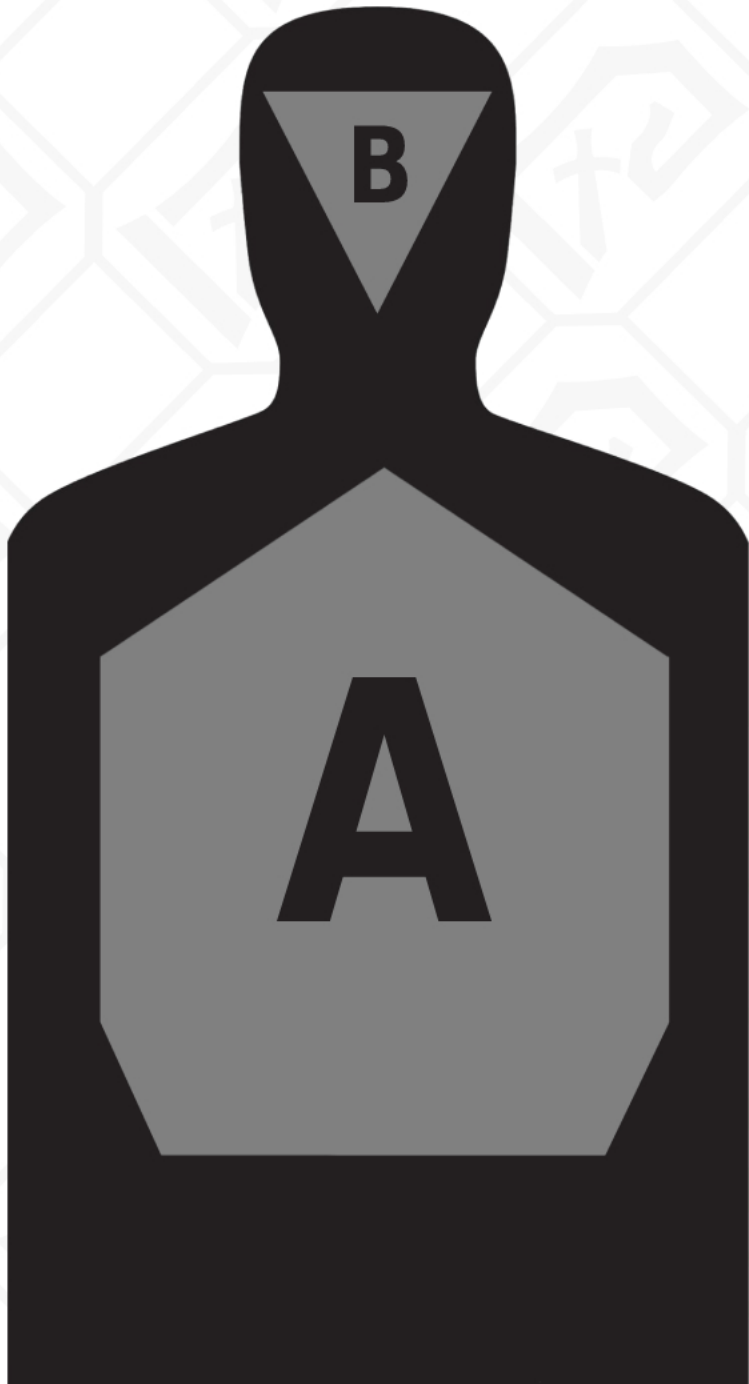


ONE

THE TRIALS

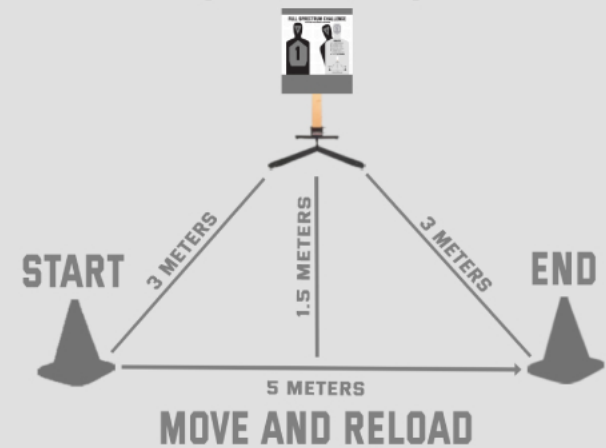


RULES:

20 JUMP BURPEES
4 ROUNDS TO [A]
2 ROUNDS TO [B]
MOVE AND RELOAD
STRONG HAND ONLY:
1 ROUND TO [C]

UNDER 50 SECONDS

[FULL DETAILS ONLINE]



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