

THREE THE TRIALS



RULES:

20 JUMP BURPEES THEN:

PRONE-----1RD TO [A]
STANDING-----1RD TO [B]
URBAN PRONE RIGHT-----1RD TO [A]
STANDING-----1RD TO [B]
SUPINE-----1RD TO [A]
STANDING-----1RD TO [B]
URBAN PRONE LEFT-----1RD TO [A]
STANDING-----1RD TO [B]

UNDER 75 SECONDS

[FULL DETAILS AVAILABLE ONLINE]



LAYING
ON
SIDE

5 METERS

START

