

Drill:

Set: Count:

Page # Measure to

Instructions:

STAGE

5	10	15	20	25	30	35	40	45	50	45	40	35	30	25	20	15	10	5	0
										B1 B2 B3 B4									
										Y1 Y2 Y3 Y4 Y5 Q2 Q1 S3 S1 C2 U5 U4 U3 U2 U1									
										F2 F5 F8 F7 C11 F3 F10 F6 F9 701 06 05 02 03 04 M1 M2 M3 71 P2 P3 P4									
										F1 F9 C12 C13 C3 C1 C8 C4 C9 T4 T2 T5 T1 T7 T3 T6 C7 C5 C6 A4 A1 A5 A2 A3									
5	10	15	20	25	30	35	40	45	50	45	40	35	30	25	20	15	10	5	0