

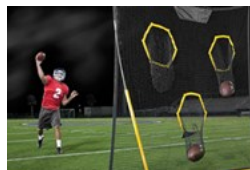
Start



Finish

Skill:

- Jump Rope x10
 - ◊ Stationary Jump 10 times
- Soccer Ball Dribble
 - ◊ Dribble around circle
 - ◊ 10 yd. circumference
- Target Practice
 - ◊ 10 yd. football throw

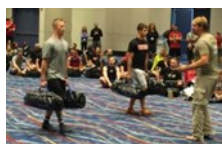


Sprint/Handoff



Strength:

- Platform Loading
 - ◊ Load 3 sets of 2 sandbags
 - ◊ Weight is 20-25 lbs.
- Tire Drag
 - ◊ 5 yd. distance down and back
 - ◊ 2 regular road tires stacked
- Sandbag Carry
 - ◊ Carry in circle 10 yd. circumference
 - ◊ 2 bags weigh 20-25 lbs. each
- Tire Flip
 - ◊ Flip large tire 5 yds. One way



Sprint/Handoff



Agility:

- Up and Under
 - ◊ 1 ft. hurdle to go over
 - ◊ 3 ft. to go under
- Bouncy Horse
 - ◊ 10 yd. circumference circle
- Transportation Station
 - ◊ 10 yd. shuttle run transporting 4 items



Speed:

S
P
R
I
N
T

- Army Crawl
 - ◊ 10 yd. army crawl



- Pallet Hurdle
 - ◊ 4 ft. pallet hurdle



Sprint/Handoff

