

TEAM NAME: _____



TEAM MEMBERS: _____

FINAL TIME:

_____ : _____ : _____
HOURS MINUTES SECONDS

10



*tick per 10
completed*

SIDE PIERCING KICKS

10	20	30	40	50

60	70	80	90	100

110	120	130	140	150

160	170	180	190	200

210	220	230	240	250

260	270	280	290	300

310	320	330	340	350

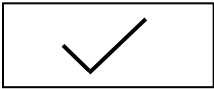
360	370	380	390	400

410	420	430	440	450

460	470	480	490	500

TEAM NAME: _____

10



tick per 10
completed

SQUATS

10	20	30	40	50

60	70	80	90	100

110	120	130	140	150

160	170	180	190	200

210	220	230	240	250

260	270	280	290	300

310	320	330	340	350

360	370	380	390	400

410	420	430	440	450

460	470	480	490	500

TEAM NAME: _____

10



tick per 10
completed

MIDDLE FRONT PUNCHES

10	20	30	40	50

60	70	80	90	100

110	120	130	140	150

160	170	180	190	200

210	220	230	240	250

260	270	280	290	300

310	320	330	340	350

360	370	380	390	400

410	420	430	440	450

460	470	480	490	500