

100 FR w20 70% Pads and Pullboy 100 Kick Front Flutter @\_1:45 70% 400

FR 3rd in 1st out, 60%

4× IM

100 BK @1:45 Tempo @\_2:00 100 BR @1:45 Tempo 100 FL @1:45 Tempo

2×

100 BR @\_1:45 Tempo 1 100 FR @\_1:45 Tempo 2

100 IM @\_1:45 Tempo 3 100 FL @\_1:45 Tempo 4

200 BK @1:30