



**TRAINING 1**

4 MAGAZINES LOADED WITH 12 ROUNDS EACH  
SHOOT FROM EITHER THE 3, 4, 5, 6, 7 YARD LINE

PRESS 2 SECOND DELAY ON SHOT TIMER  
FIRE THREE ROUNDS INTO EACH CIRCLE ON LINE 1  
SPEED RELOAD  
CONTINUE THROUGH LINES 2-5

**TRAINING 2**

1 MAGAZINE FULLY LOADED  
SHOOT FROM EITHER THE 3, 4, 5, 6, 7 YARD LINE

BLIND SELECT COLOR SEQUENCE  
10 SECOND COUNT ON TIMER  
MEMORIZE COLOR SEQUENCE  
ON BUZZER ENGAGE COLOR SEQUENCE IN ORDER