

Test: 40 x 10 yards

Rest: 30 seconds

Best 40: \_\_\_\_\_

Date: \_\_\_\_\_

Target: \_\_\_\_\_

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>