



WARM-UP MTN

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TAUNTAUN
4. PLATE SHAKE 9+

LABOR DAY BARN BURNER

WARM UP MTN. PERFORM AS FOLLOWS: 1ST REVOLUTION - PICK ONE TASK FROM EACH DO IT IX
2ND REVOLUTION - 2X, 3RD REVOLUTION - 3X, 4TH REVOLUTION - 4X. NO REPEATS EXCEPT EXPLOSIONS.

A.

1. HIKES
2. POTTY SHOTS
3. STAT ROW (6) + TZN
4. TARASQ

D.

1. REV MASTODON
2. JIGSAW
3. SLUSKI
4. PETRA

G.

1. JABBERWOCKY
2. JACK BOX
3. MIM 3-2-4-2-3-1
4. W. ROT SQUAT

B.

1. STAT HALO (18) + TZN
2. GARGANTUAN
3. JACKAL
4. SQ. THRUST (10) + RUN

E.

1. ENFORCER
2. HYDRA
3. LUMBERJACKS (8) + RUN
4. B.O.R. (15) + TZN

H.

1. MIEL'S WHEELS
2. NO GIMMIES
3. NEAPOLITAN
4. 3 PT. STANCE

C.

1. SPEED SKATES (20) + RUN
2. INFINITY (20) + RUN
3. KOBOLD
4. APE SHOOT!

F.

1. OFFERING
2. JIGGY (20) + RUN
3. CURL PRESS 5+
4. TWINKLE TOES (30) + TZN

I.

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS
4. EXPLOSIONS



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