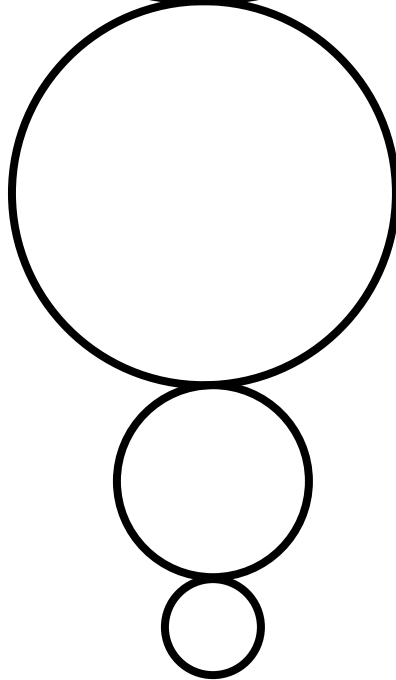
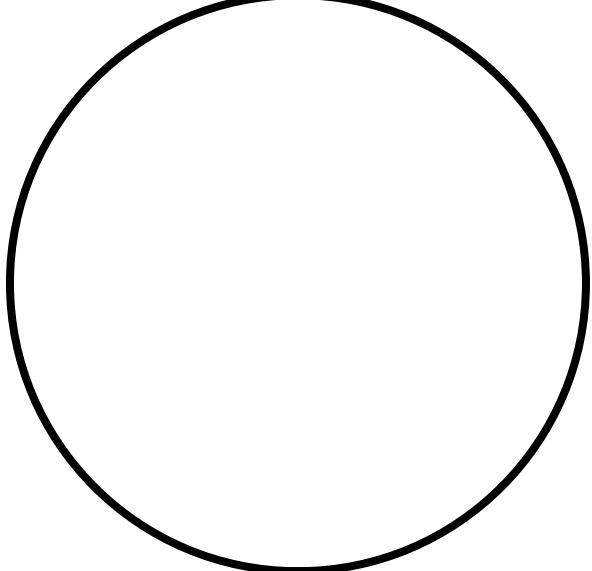
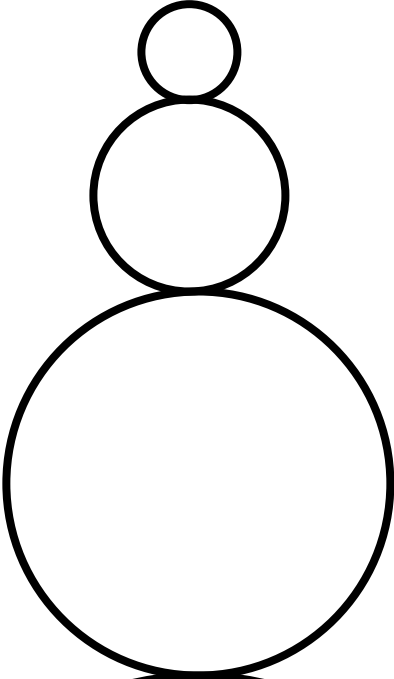
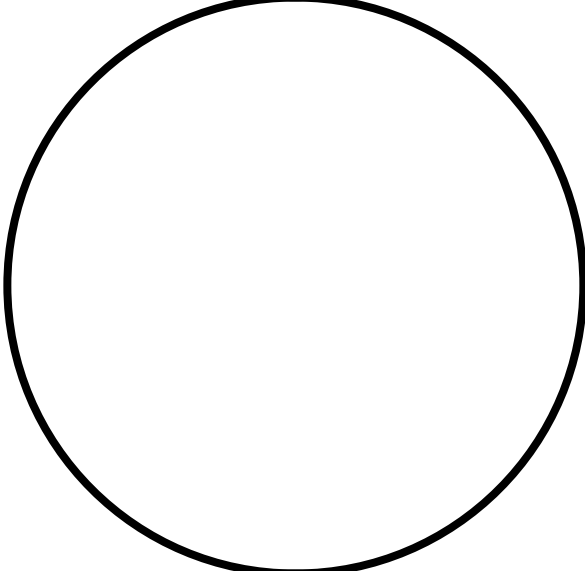


# SCALES WARM UP

RUN THE DRILL LATERAL OR VERTICAL



3 ROUNDS EACH CIRCLE AS FAST AS POSSIBLE

VERSION 1

SMALL TO LARGE

VERSION 3

LARGE TO SMALL

VERSION 3

OUTSIDE TO INSIDE

VERSION 4

V1 - RELOAD - V2