



VIGR TRAINING 3-5-7-10 DRILL

3 ROUNDS 3 YARDS
5 ROUNDS 5 YARDS
7 ROUNDS 7 YARDS
10 ROUNDS 10 YARDS

VERSION 1 BULLSEYE-NO TIME LIMIT

VERSION 2 TIMED PAR = YARDS

VERSION 3 5 YARDS - 6 SEC PAR

3 ROUNDS IN CIRCLE 3

5 ROUNDS IN CIRCLE 5

7 ROUNDS IN 7 CIRCLE

10 ROUNDS IN CIRCLE 10

2-HANDED

SUPPORT HAND ONLY

STRONG HAND ONLY

2-HANDED