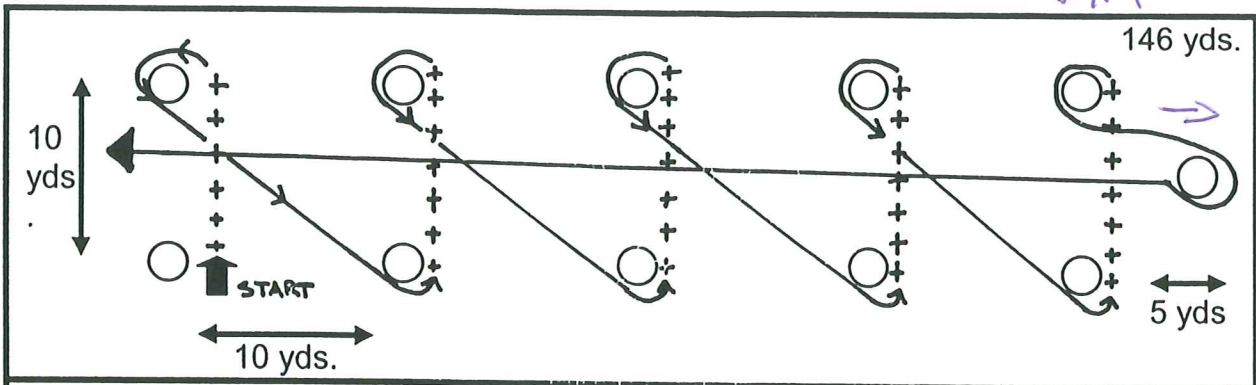


GAUNTLET

Thursday,

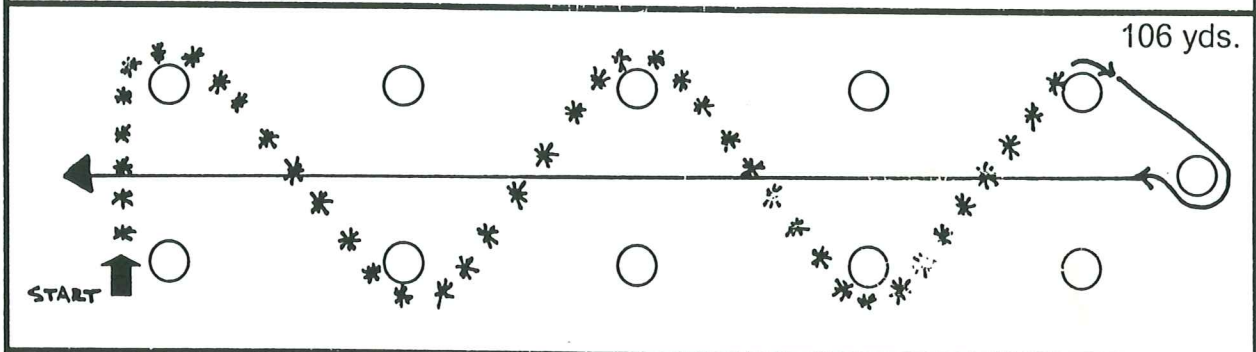
2x4

REP
1



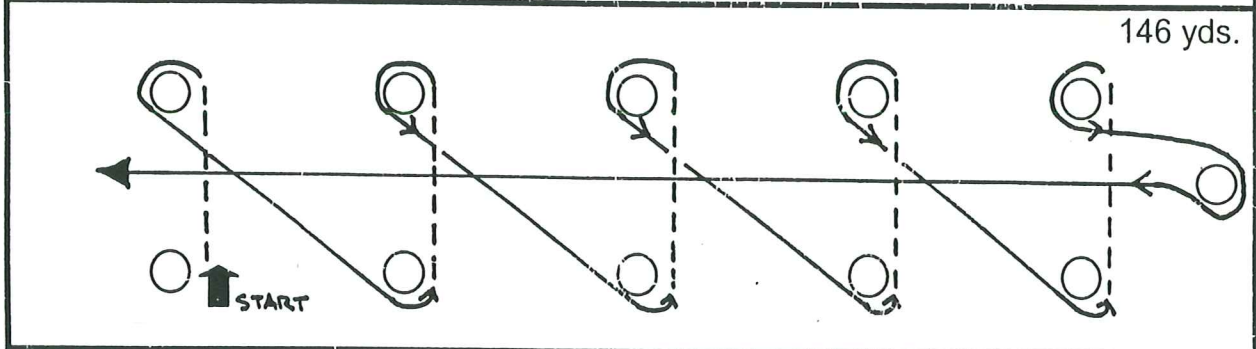
2 min

REP
2



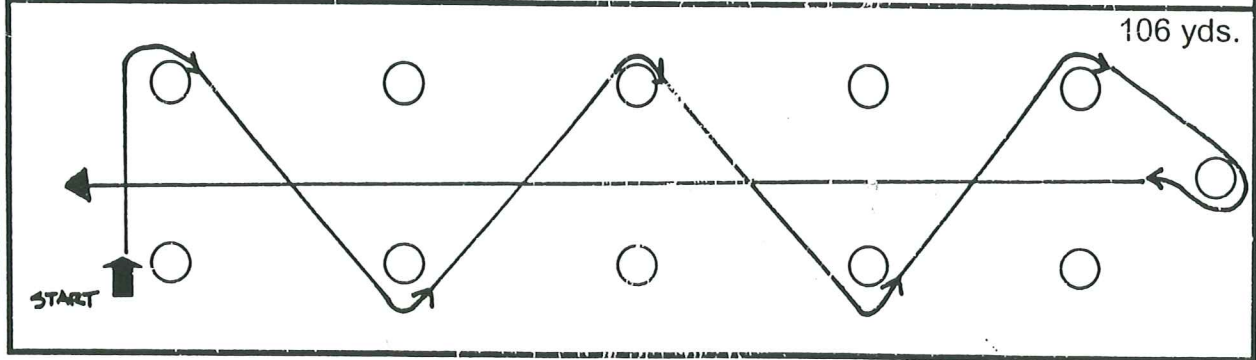
2 min
rest.

REP
3



2 min

REP
4



2 min

GAUNTLET KEY

Sprinting Forward: \longrightarrow

Lateral Shuffle: + + + + + + + \longrightarrow

Sprinting Backward: \longleftarrow

Carioca: * * * * * * * * * * \longrightarrow