|  |  |
| --- | --- |
| *Stage 3:* 10x shuffle (1 min) | |
| *Name:* | |
| *Date:* | |
| 12 x 10 = | 2 x 10 = |
| 12 x 2 = | 1 x 2 = |
| 11 x 2 = | 10 x 10 = |
| 6 x 10 = | 7 x 10 = |
| 5 x 2 = | 7 x 2 = |
| 4 x 2 = | 6 x 2 = |
| 8 x 10 = | 9 x 2 = |
| 11 x 10= | 3 x 10 = |
| 9 x 10 = | 3 x 2 = |
| 8 x 2 = | 4 x 10 = |

**Multiples Marathon**

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