

# LIGHTS OUT!

    /50  
RecoilWeb.com

1

2

3

**3 yards (10 rounds):**

-Engage circle #1 with (1) round. Repeat this ten times for a total of (10) rounds.

**5 yards (10 rounds):**

-Engage circle #2 with (2) rounds. Repeat this five times for a total of (10) rounds.

**7 yards (30 rounds):**

-Engage circle #3 with (1) round. Repeat this five times for a total of (5) rounds.

-Engage circle #3 with (2) rounds. Repeat this five times for a total of (10) rounds.

-Engage circle #3 with (5) rounds. Repeat this three times for a total of (15) rounds.