

378

12-Mar-23

2100

TSS' 63 IF 0.83

Easy-Mod

w/up

100	FR E		100
100	FR build		100
400	FR CSS		400
200	FR pad/pull	Z3	200

Main set

BR set

100	BR K up, 2K1P back		100
100	sep drill		100
100	snap arms, fast head down		100
4x50	BR - Desc times	Ri 20	200

FR pyramid

2x50	FR on 1:00		100
100	FR on 2:00		100
200	FR on 4:00		200
100	FR on 2:00		100
2x50	FR on 1:00		100

c/down

200	K fins on BA 1-arm point ↑ BA ↓		200
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