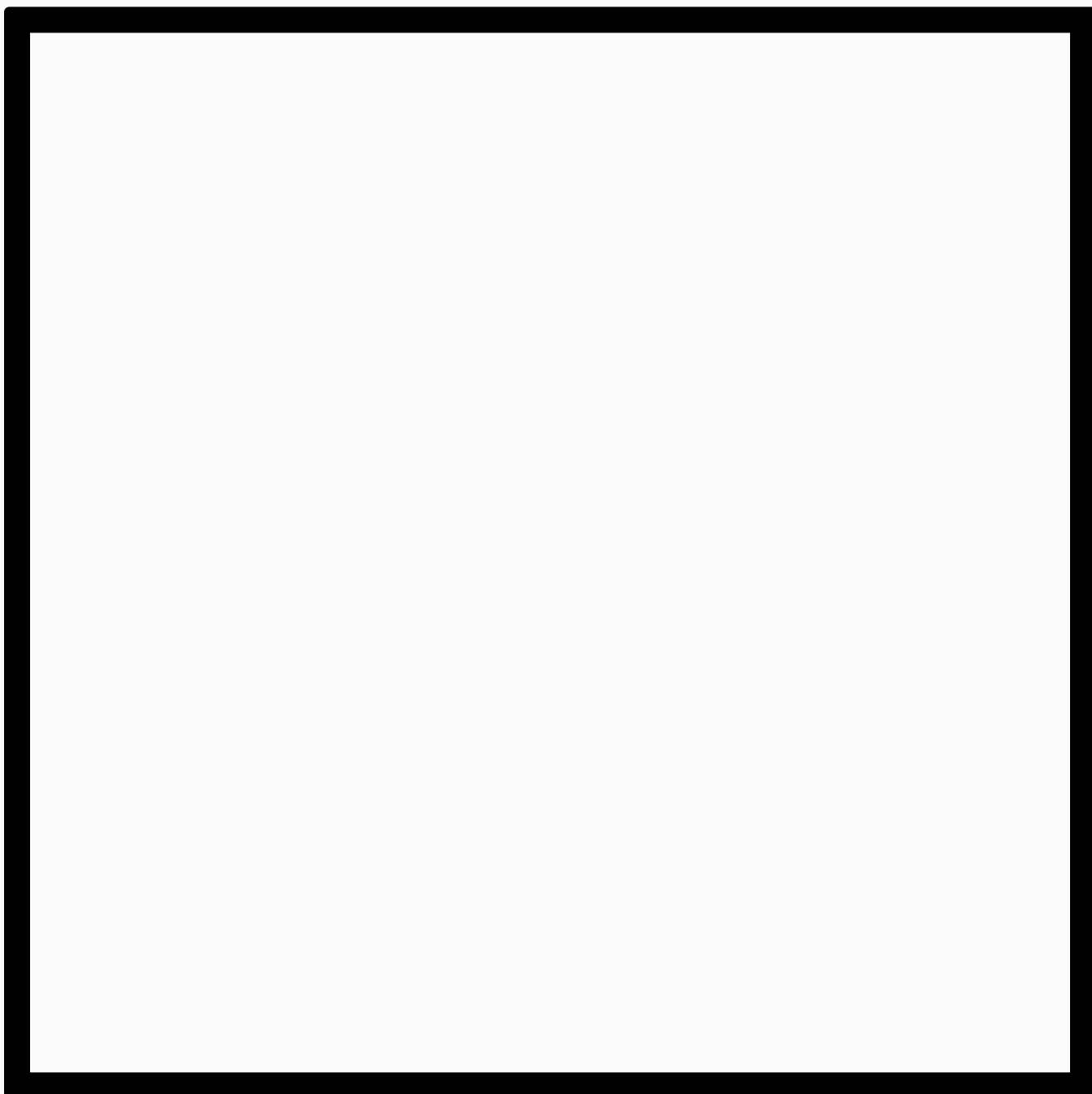
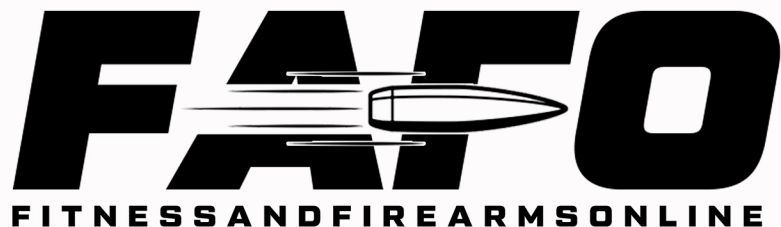


## ***Sept Workout***

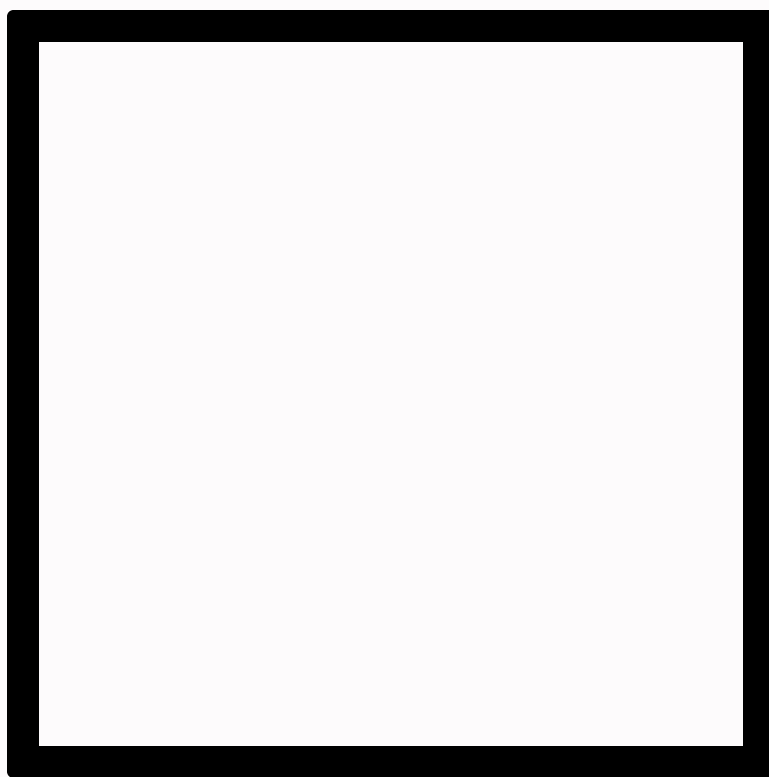


## ***Large Target***

***Subtract 10 sec per hit***



## ***Sept Workout***



## ***Small Target***

***Subtract 20 sec per hit***