5 Minute Drill

11	11	5	5	8	2	12	5	8	10
x 11	x 12	x 3	x 9	x 9	x 7	x 2	x 1	x 4	x 4

5	12	5	12	2	6	7	9	3	10
x 7	x 11	x 5	x 7	x 3	x 2	x 8	x 4	x 1	x 6

10	4	1	9	3	12	5	11	5	9
x 8	x 1	x 12	x 3	x 9	x 3	x 4	x 0	x 6	x 12

8	6	1	10	3	12	5	8	4	2
x 8	x 10	x 10	x 10	x 3	x 4	x 0	x 6	x 0	x 0

4	9	8	1	4	8	4	2	11	3
x 4	x 5	x 11	x 9	x 12	x 1	x 9	x 4	x 9	x 2

1	7	6	11	6	2	4	7	2	6
x 4	x 4	x 5	x 8	x 12	x 12	x 3	x 2	x 10	x 4

11	3	11	5	9	9	9	4	5	4
x 4	x 5	x 2	x 8	x 10	x 8	x 9	x 6	x 10	x 10

10	4	7	11	12	2	5	1	1	5
x 3	x 11	x 12	x 1	x 8	x 1	x 12	x 2	x 3	x 2

10	8	2	10	1	2	2	3	3	10
x 12	x 7	x 11	x 11	x 1	x 9	x 8	x 10	x 0	x 0

3	8	7	2	12	9	1	7	10	8
x 4	x 5	x 9	x 5	x 12	x 7	x 6	x 0	x 7	x 3

5 Minute Drill

11	11	5	5	8	2	12	5	8	10
x 11	x 12	x 3	x 9	x 9	x 7	x 2	x 1	x 4	x 4
121	132	15	45	72	14	24	5	32	40

5	12	5	12	2	6	7	9	3	10
x 7	x 11	x 5	x 7	x 3	x 2	x 8	x 4	x 1	x 6
35	132	25	84	6	12	56	36	3	60

10	4	1	9	3	12	5	11	5	9
x 8	x 1	x 12	x 3	x 9	x 3	x 4	x 0	x 6	x 12
80	4	12	27	27	36	20	0	30	108

8	6	1	10	3	12	5	8	4	2
x 8	x 10	x 10	x 10	x 3	x 4	x 0	x 6	x 0	x 0
64	60	10	100	9	48	0	48	0	0

4	9	8	1	4	8	4	2	11	3
x 4	x 5	x 11	x 9	x 12	x 1	x 9	x 4	x 9	x 2
16	45	88	9	48	8	36	8	99	6

1	7	6	11	6	2	4	7	2	6
x 4	x 4	x 5	x 8	x 12	x 12	x 3	x 2	x 10	x 4
4	28	30	88	72	24	12	14	20	24

11	3	11	5	9	9	9	4	5	4
x 4	x 5	x 2	x 8	x 10	x 8	x 9	x 6	x 10	x 10
44	15	22	40	90	72	81	24	50	40

10	4	7	11	12	2	5	1	1	5
x 3	x 11	x 12	x 1	x 8	x 1	x 12	x 2	x 3	x 2
30	44	84	11	96	2	60	2	3	10

10	8	2	10	1	2	2	3	3	10
x 12	x 7	x 11	x 11	x 1	x 9	x 8	x 10	x 0	x 0
120	56	22	110	1	18	16	30	0	0

3	8	7	2	12	9	1	7	10	8
x 4	x 5	x 9	x 5	x 12	x 7	x 6	x 0	x 7	x 3
12	40	63	10	144	63	6	0	70	24