APEX ARMAMENT
TRAINING TARGET

Warm-Up Ladder

DISTANCE
3 m ☐
5 m ☐
7 m ☐

1
×10
+
both hands

2
×5
+
strong hand

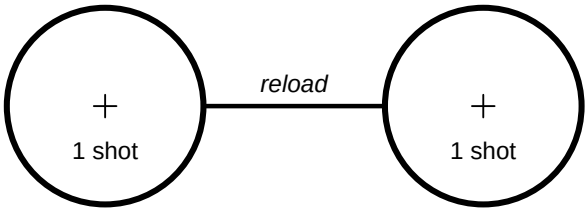
3
×5
+
support hand

4
×8
+
press-out, one shot

5
×7
+
draw, one shot

6
×3
+
draw, five shots

7
×2 reload drill: 1 shot, reload, 1 shot



50 rounds

Shoot the circles in order, 1 to 7, one shot at a time unless the circle says otherwise. Every hit inside its circle — if one leaves, slow that circle down before you move on.

Rounds: 10 + 5 + 5 + 8 + 7 + 15 + 2 = 50

No timer needed. Time your first draw (circle 5) and your last (circle 6), and write both down.

First draw: _____ **s** **Last draw:** _____ **s**

100 mm check bar — print at 100 % / actual size on A4

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apexarmament.net/resources
Scan for more free targets

Live fire only at an accredited range under its rules. Dry fire: unloaded firearm, no ammunition in the room.