FULL STEAM AHEAD, Europe!

BASIC PHYSICAL CAPACITIES 3°A GROUP:

RED CARD		

INCO OMNO			
STRENGHT			
RESISTANCE			
FLEXIBILITY			
SPEED			











FULL STEAM AHEAD, Europe!

PURPLE CARD

Name	Cm. reached	

GREEN CARD

Name	Cm. reached	

BROWN CARD

Name	6 minutes reached or more.









