

# 15/15/3 method

**15/15/3 method** is a powerful productivity and time management technique designed to enhance focus and efficiency in various professional and personal settings. This method breaks work periods into manageable intervals, allowing individuals to maintain high levels of concentration while minimizing burnout. It is particularly popular among those looking to optimize their workflow, reduce procrastination, and improve task completion rates. The 15/15/3 method incorporates short bursts of focused work, brief breaks, and a structured approach to task prioritization. This article explores the fundamentals of the 15/15/3 method, its practical applications, benefits, and tips for successful implementation. By understanding this method thoroughly, professionals and students alike can leverage it to boost productivity and maintain sustained mental clarity throughout their day.

- Understanding the 15/15/3 Method
- How to Implement the 15/15/3 Method Effectively
- Benefits of Using the 15/15/3 Method
- Common Challenges and Solutions
- Comparing the 15/15/3 Method with Other Productivity Techniques

## Understanding the 15/15/3 Method

The 15/15/3 method is a structured approach to time management that divides work into focused intervals of 15 minutes, followed by a 15-minute break, and then three cycles or sets of these intervals before taking a longer break or switching tasks. This technique is rooted in the principle that humans can maintain optimal concentration for short periods, typically around 15 to 20 minutes, before attention starts to wane.

## Origins and Conceptual Framework

The 15/15/3 method builds on traditional time management theories, including the Pomodoro Technique, but differentiates itself by emphasizing three distinct cycles of work-break periods. The goal is to harness brief bursts of intense focus, prevent fatigue, and sustain productivity throughout the day. The method aligns with cognitive science findings that recommend frequent breaks to refresh mental resources.

# Key Components of the Method

The method involves three fundamental elements:

- **15 minutes of focused work:** Engage fully in a task without interruptions or multitasking.
- **15 minutes of rest or leisure:** Step away from work-related activities to recharge.
- **Three cycles:** Complete three consecutive 15/15 intervals before taking a longer break or shifting focus.

This cyclical pattern encourages sustained engagement while managing cognitive load effectively.

## How to Implement the 15/15/3 Method Effectively

Successful application of the 15/15/3 method requires careful planning and discipline. Proper implementation ensures maximum benefit and helps establish a consistent productivity routine.

## Step-by-Step Implementation Guide

To use the 15/15/3 method, follow these steps:

1. **Select a specific task or set of tasks:** Choose work that requires focused attention and is achievable within or across the intervals.
2. **Set a timer for 15 minutes:** During this time, work exclusively on the chosen task without distractions.
3. **Take a 15-minute break:** Use this time to relax, stretch, hydrate, or engage in non-work activities.
4. **Repeat this work-break cycle two more times:** Completing three cycles constitutes one full 15/15/3 session.
5. **After three cycles, take a longer break or switch tasks:** This helps prevent monotony and mental fatigue.

## Tips for Maximizing Effectiveness

Implementing the 15/15/3 method is more effective with certain best practices, including:

- Eliminating distractions such as smartphones, social media, and email during work intervals.
- Choosing tasks that can be broken down into smaller subtasks fitting the 15-minute work periods.
- Using alarms or timers to strictly adhere to work and break times.
- Ensuring breaks are genuinely restorative, avoiding work-related thoughts or activities.
- Adjusting the method slightly to fit individual work rhythms, if necessary.

## Benefits of Using the 15/15/3 Method

Employing the 15/15/3 method offers numerous advantages that contribute to enhanced productivity, well-being, and task management efficiency.

### Improved Focus and Concentration

Short, timed work intervals encourage deep focus by setting clear boundaries for attention. Knowing a break is imminent helps reduce the tendency to procrastinate and supports sustained mental engagement.

### Reduced Mental Fatigue and Burnout

Regular breaks prevent cognitive overload and replenish mental energy. The structured rest periods allow the brain to recover, leading to longer-lasting productivity and better overall health.

### Enhanced Task Management

The 15/15/3 method promotes breaking down larger projects into manageable segments, facilitating better planning and progress tracking. This approach can improve motivation and reduce feelings of being overwhelmed.

## **Flexibility and Adaptability**

This method suits various professional fields and personal projects, including studying, writing, programming, and creative work. It can be adapted to different schedules and task complexities.

## **Common Challenges and Solutions**

While the 15/15/3 method is effective, users may encounter obstacles that can hinder its success. Understanding these challenges and their solutions is essential for sustained application.

### **Difficulty Maintaining Strict Timing**

Some individuals may find adhering strictly to 15-minute intervals challenging, either working too long or ending tasks prematurely. Utilizing reliable timers and setting reminders can help maintain discipline.

### **Distraction During Work Intervals**

Interruptions from electronic devices or environmental noise can reduce the method's effectiveness. Creating a distraction-free workspace and communicating boundaries to others can mitigate this issue.

### **Inadequate Break Utilization**

Failing to take meaningful breaks may result in diminished cognitive benefits. Engaging in physical activity, mindfulness exercises, or simply resting without screens can optimize break quality.

### **Task Misalignment**

Some tasks may not fit neatly into 15-minute increments, causing frustration or inefficiency. Planning and prioritizing tasks in smaller components or adjusting the method slightly can address this problem.

## **Comparing the 15/15/3 Method with Other Productivity**

# Techniques

The 15/15/3 method shares similarities with other popular time management strategies but also features unique characteristics that differentiate it.

## Comparison with the Pomodoro Technique

Both methods use timed intervals and breaks to enhance focus. However, the Pomodoro Technique typically involves 25-minute work sessions followed by 5-minute breaks, repeated four times before a longer break. The 15/15/3 method uses shorter work periods and longer breaks, emphasizing three cycles that may better suit individuals who prefer shorter bursts of work.

## Comparison with Time Blocking

Time blocking schedules larger chunks of the day for specific tasks, often ranging from 30 minutes to several hours. The 15/15/3 method breaks time into smaller, more frequent intervals, providing more frequent rest opportunities and potentially reducing fatigue during intensive work periods.

## Comparison with Ultradian Rhythm Technique

The Ultradian rhythm approach recommends working in 90- to 120-minute cycles followed by 20-minute breaks, based on natural body energy rhythms. The 15/15/3 method's shorter intervals can complement this by fitting into these longer cycles or serving as a technique for finer-grained focus management.

## Frequently Asked Questions

### What is the 15/15/3 method?

The 15/15/3 method is a time management or productivity technique that involves working in focused intervals of 15 minutes, followed by 15 minutes of break or rest, repeated three times before taking a longer break.

### How does the 15/15/3 method improve productivity?

By breaking work into short, manageable intervals with regular breaks, the 15/15/3 method helps maintain high focus, reduces burnout, and prevents fatigue, leading to improved productivity.

## **Is the 15/15/3 method similar to the Pomodoro Technique?**

Yes, the 15/15/3 method shares similarities with the Pomodoro Technique in using timed work and break intervals, but it uses 15-minute work and break periods repeated three times instead of the Pomodoro's 25-minute work and 5-minute break intervals.

## **Who can benefit the most from using the 15/15/3 method?**

Students, professionals, and anyone who struggles with maintaining focus or managing their time effectively can benefit from the 15/15/3 method as it promotes disciplined work habits and regular rest.

## **Can the 15/15/3 method help reduce stress?**

Yes, by incorporating regular breaks and preventing overworking, the 15/15/3 method can help reduce stress and mental fatigue associated with long, uninterrupted work sessions.

## **How do I implement the 15/15/3 method in my daily routine?**

To implement the 15/15/3 method, set a timer for 15 minutes to work on a task, then take a 15-minute break. Repeat this cycle three times, then take a longer break before starting again.

## **Are there any tools or apps recommended for the 15/15/3 method?**

While there are no apps specifically for the 15/15/3 method, any customizable timer or interval timer app can be used to set 15-minute work and break intervals to follow this method effectively.

## **Does the 15/15/3 method work for all types of tasks?**

The 15/15/3 method works best for tasks that can be broken into short focused sessions, such as studying, writing, or administrative work, but may be less effective for tasks requiring extended uninterrupted focus.

## **Can the 15/15/3 method help improve work-life balance?**

Yes, by structuring work periods and breaks efficiently, the 15/15/3 method encourages taking regular rests, which can help improve overall work-life balance and prevent burnout.

## **Additional Resources**

### *1. Mastering the 15/15/3 Method: A Step-by-Step Guide*

This book offers a comprehensive introduction to the 15/15/3 method, breaking down its core principles and practical applications. Readers will learn how to implement the technique for improved productivity and time management. Detailed examples and exercises help solidify understanding.

### *2. Efficiency Unlocked: Harnessing the Power of 15/15/3*

Explore how the 15/15/3 method can transform your daily routines and work habits. This book

provides actionable strategies to optimize focus and reduce burnout. It also includes case studies from professionals who have successfully applied the method.

### 3. *The 15/15/3 Method for Creative Professionals*

Designed for artists, writers, and other creatives, this book tailors the 15/15/3 approach to enhance creativity and productivity. It emphasizes balancing intense work sessions with timely breaks to maintain inspiration. Readers gain tools to overcome creative blocks using this structured technique.

### 4. *Time Management Revolution: Implementing the 15/15/3 Method*

Delve into the science behind time management and discover why the 15/15/3 method stands out among other techniques. The author discusses psychological and neurological benefits of the method. Practical tips help readers integrate it smoothly into busy lifestyles.

### 5. *15/15/3 Method for Students: Boost Learning and Retention*

This guide is tailored for students seeking better study habits and improved concentration. It explains how to break study sessions into manageable intervals while allowing sufficient rest. The book also includes advice on customizing the method for different subjects and learning styles.

### 6. *Work Smarter, Not Harder: The 15/15/3 Method Explained*

Focusing on workplace productivity, this book teaches professionals how to get more done in less time using the 15/15/3 method. It covers techniques to prioritize tasks, minimize distractions, and maintain energy throughout the workday. Real-world examples illustrate the method's effectiveness.

### 7. *The Science of Focus: Understanding the 15/15/3 Method*

This book explores the cognitive science principles underlying the 15/15/3 method. It explains how attention spans, break cycles, and task switching influence productivity. Readers gain a deeper appreciation of why this method works and how to adapt it for personal needs.

### 8. *15/15/3 Method for Entrepreneurs: Maximizing Startup Success*

Entrepreneurs face unique challenges in managing time and resources, and this book addresses those by applying the 15/15/3 technique. It offers strategies to maintain high productivity without burnout during the hectic startup phase. The book also includes interviews with successful entrepreneurs.

### 9. *Mindful Productivity: Balancing Work and Rest with the 15/15/3 Method*

Combining mindfulness practices with the 15/15/3 method, this book encourages readers to work with intention and take restorative breaks. It promotes mental well-being alongside efficiency, making it ideal for those seeking a holistic approach to productivity. Guided exercises help cultivate focus and relaxation.

## **15 15 3 Method**

Find other PDF articles:

<https://test.murphyjewelers.com/archive-library-606/pdf?dataid=qkm90-6163&title=practice-what-you-preach-lyrics-barry-white.pdf>

**15 15 3 method: Ship Vibration** Raymond T. McGoldrick, 1960

**15 15 3 method: 21st Century Guitar Method 3** Aaron Stang, 1995-09-28 Beginning where Guitar Method 2 left off, Guitar Method 3 provides a more in-depth exploration of guitar playing techniques. Topics covered include movable major and minor scale fingerings, barre chords, pick and fingerstyle technique and music theory. Features songs in all styles including rock, blues, bluegrass, folk and classical.

**15 15 3 method: Rapid Math For Competitive Examinations** Aggarwal Ashish, 1. Written strictly as per new syllabi of various examinations, including SSC, CHSL and CGL Tier-I and Tier-II examinations. 2. Each chapter begins with important formulae and examples followed by fully solved exercises. 3. Includes recent questions from important examinations. 4. Important topics such as Vedic Mathematics, Algebra, Geometry, and Trigonometry covered in detail. 5. Logical short-cut methods and tricks for solving problems swiftly.

**15 15 3 method: Statistics of Income from Returns of Net Income** United States. Internal Revenue Service, 1951

**15 15 3 method: Computer Analysis of Images and Patterns** Ainhoa Berciano, Daniel Díaz-Pernil, Walter Kropatsch, Helena Molina-Abril, Pedro Real, 2011-08-19 The two volume set LNCS 6854/6855 constitutes the refereed proceedings of the International Conference on Computer Analysis of Images and Patterns, CAIP 2011, which took place in Seville, Spain, August 29-31, 2011. The 138 papers presented together with 2 invited talks were carefully reviewed and selected from 286 submissions. The papers are organized in topical section on: motion analysis, image and shape models, segmentation and grouping, shape recovery, kernel methods, medical imaging, structural pattern recognition, Biometrics, image and video processing, calibration; and tracking and stereo vision.

**15 15 3 method: MEMS** Mohamed Gad-el-Hak, 2005-11-29 Thoroughly revised and updated, the new edition of the best-selling MEMS Handbook is now presented as a three-volume set that offers state-of-the-art coverage of microelectromechanical systems. The first volume, MEMS: Introduction and Fundamentals builds the required background and explores various physical considerations of MEMS. Topics include scaling, simulation models, the basics of control theory, and the physics of materials flow, thin liquid films, and bubble/drop transport. New chapters in this edition address lattice Boltzmann simulations and microscale hydrodynamics. Standing well on its own, this books builds an outstanding foundation for further exploration of MEMS and their applications.

**15 15 3 method: Basic Geometry of Voting** Donald G. Saari, 1995-09-18 Amazingly, the complexities of voting theory can be explained and resolved with comfortable geometry. A geometry which unifies such seemingly disparate topics as manipulation, monotonicity, and even the apportionment issues of the US Supreme Court. Although directed mainly toward students and others wishing to learn about voting, experts will discover here many previously unpublished results. As an example, a new profile decomposition quickly resolves the age-old controversies of Condorcet and Borda, demonstrates that the rankings of pairwise and other methods differ because they rely on different information, casts serious doubt on the reliability of a Condorcet winner as a standard for the field, makes the famous Arrow's Theorem predictable, and simplifies the construction of examples.

**15 15 3 method: A Method for Prayer** Matthew Henry, 2014-02 PRAYING GOD'S WRITTEN WORD 'Sitting at his feet with your door closed, your affection set on things above, pray to your Father who is in secret' In this modernized version of A Method for Prayer, written by Matthew Henry in 1710, Steve Kindorf gives us an updated and readable spelling of the book, and includes all the cross references from the original. This book offers added devotional prayers and Bible study aids from the publisher/author of this new expanded edition. The book features a collection of 700 short devotional prayers to the Godhead of Jesus Christ called 'My Affection' (that is, proclamations and praises of his many names, titles and attributes; being with you in worship and adoration before his throne as you think upon them throughout the day and meditate in the night watches; God has



said in Philippians 4:8 & Psalm 63:6.); a poetic setting of Psalm 119, a Glossary containing 2400 words of the King James Bible, a daily Bible reading plan, An Introduction to My Affection by John Owen.

**15 15 3 method: Geological Survey Professional Paper** Geological Survey (U.S.), 1969

**15 15 3 method: Loss Models** Stuart A. Klugman, Harry H. Panjer, Gordon E. Willmot, 2019-05-07 A guide that provides in-depth coverage of modeling techniques used throughout many branches of actuarial science, revised and updated Now in its fifth edition, Loss Models: From Data to Decisions puts the focus on material tested in the Society of Actuaries (SOA) newly revised Exams STAM (Short-Term Actuarial Mathematics) and LTAM (Long-Term Actuarial Mathematics). Updated to reflect these exam changes, this vital resource offers actuaries, and those aspiring to the profession, a practical approach to the concepts and techniques needed to succeed in the profession. The techniques are also valuable for anyone who uses loss data to build models for assessing risks of any kind. Loss Models contains a wealth of examples that highlight the real-world applications of the concepts presented, and puts the emphasis on calculations and spreadsheet implementation. With a focus on the loss process, the book reviews the essential quantitative techniques such as random variables, basic distributional quantities, and the recursive method, and discusses techniques for classifying and creating distributions. Parametric, non-parametric, and Bayesian estimation methods are thoroughly covered. In addition, the authors offer practical advice for choosing an appropriate model. This important text: • Presents a revised and updated edition of the classic guide for actuaries that aligns with newly introduced Exams STAM and LTAM • Contains a wealth of exercises taken from previous exams • Includes fresh and additional content related to the material required by the Society of Actuaries (SOA) and the Canadian Institute of Actuaries (CIA) • Offers a solutions manual available for further insight, and all the data sets and supplemental material are posted on a companion site Written for students and aspiring actuaries who are preparing to take the SOA examinations, Loss Models offers an essential guide to the concepts and techniques of actuarial science.

**15 15 3 method: United States Census of Agriculture, 1954** , 1956

**15 15 3 method: 1970 Census of Population and Housing** United States. Bureau of the Census, 1971

**15 15 3 method: Financial Accounting with International Financial Reporting**

**Standards** Jerry J. Weygandt, Paul D. Kimmel, Donald E. Kieso, 2018-07-18 While there is growing interest in IFRS within the US, interest outside the US has exploded. Weygandt's fourth edition of Financial Accounting: IFRS highlights the integration of more US GAAP rules, a desired feature as more foreign companies find the United States to be their largest market. The highly anticipated new edition retains each of the key features (e.g. TOC, writing style, pedagogy, robust EOC) on which users of Weygandt Financial have come to rely, while putting the focus on international companies/examples, discussing financial accounting principles and procedures within the context of IFRS, and providing EOC exercises and problems that present students with foreign currency examples instead of solely U.S. dollars.

**15 15 3 method: Foundation Mathematics for Primary Class 4** R. S. Dhauni, S. S. Sharma, Goyal Brothers Prakashan, 2018-09-01 Goyal Brothers Prakashan

**15 15 3 method: Engineering and Cement World** , 1918

**15 15 3 method: Computer, Network, Software, and Hardware Engineering with**

**Applications** Norman F. Schneidewind, 2012-02-08 There are many books on computers, networks, and software engineering but none that integrate the three with applications. Integration is important because, increasingly, software dominates the performance, reliability, maintainability, and availability of complex computer and systems. Books on software engineering typically portray software as if it exists in a vacuum with no relationship to the wider system. This is wrong because a system is more than software. It is comprised of people, organizations, processes, hardware, and software. All of these components must be considered in an integrative fashion when designing systems. On the other hand, books on computers and networks do not demonstrate a deep

understanding of the intricacies of developing software. In this book you will learn, for example, how to quantitatively analyze the performance, reliability, maintainability, and availability of computers, networks, and software in relation to the total system. Furthermore, you will learn how to evaluate and mitigate the risk of deploying integrated systems. You will learn how to apply many models dealing with the optimization of systems. Numerous quantitative examples are provided to help you understand and interpret model results. This book can be used as a first year graduate course in computer, network, and software engineering; as an on-the-job reference for computer, network, and software engineers; and as a reference for these disciplines.

**15 15 3 method: Adding It Up** National Research Council, Division of Behavioral and Social Sciences and Education, Center for Education, Mathematics Learning Study Committee, 2001-11-13 Adding It Up explores how students in pre-K through 8th grade learn mathematics and recommends how teaching, curricula, and teacher education should change to improve mathematics learning during these critical years. The committee identifies five interdependent components of mathematical proficiency and describes how students develop this proficiency. With examples and illustrations, the book presents a portrait of mathematics learning: Research findings on what children know about numbers by the time they arrive in pre-K and the implications for mathematics instruction. Details on the processes by which students acquire mathematical proficiency with whole numbers, rational numbers, and integers, as well as beginning algebra, geometry, measurement, and probability and statistics. The committee discusses what is known from research about teaching for mathematics proficiency, focusing on the interactions between teachers and students around educational materials and how teachers develop proficiency in teaching mathematics.

**15 15 3 method: Structural Equation Modeling With Lisrel, Prelis, and Simplis** Barbara M. Byrne, 2013-05-13 This book illustrates the ease with which various features of LISREL 8 and PRELIS 2 can be implemented in addressing research questions that lend themselves to SEM. Its purpose is threefold: (a) to present a nonmathematical introduction to basic concepts associated with SEM, (b) to demonstrate basic applications of SEM using both the DOS and Windows versions of LISREL 8, as well as both the LISREL and SIMPLIS lexicons, and (c) to highlight particular features of the LISREL 8 and PRELIS 2 programs that address important caveats related to SEM analyses. This book is intended neither as a text on the topic of SEM, nor as a comprehensive review of the many statistical functions available in the LISREL 8 and PRELIS 2 programs. Rather, the intent is to provide a practical guide to SEM using the LISREL approach. As such, the reader is walked through a diversity of SEM applications that include both factor analytic and full latent variable models, as well as a variety of data management procedures.

**15 15 3 method: Municipal Journal and Public Works** , 1911

## Related to 15 15 3 method

**General Community** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**macOS Sequoia 15** - macOS Sequoia 15.4 intel MacBook MacBook Air 2020 intel i3 + 8G + 256G Intel macOS 15.4

**Opinions on Bear Creek Arsenal? > AR Discussions** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**AR-15 Community** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**16 9 15.6 17.3** - 16:9 x y 15.6 1 ≈ 2.54 15.6 ≈ 39.6cm 17.3 ≈ 43.9cm 15.6

**Equipment Exchange Community** > 3 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**General Discussion** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**- Your Firearm Resource. (AR-15, AR-10, M4, M16, AK** Firearm Discussion and Resources from

AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Reloading** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Who here is using a FRT with a 22LR. What is your setup?** Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**General Community** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**macOS Sequoia 15** - macOS Sequoia 15.4 intel MacBook MacBook Air 2020 intel i3 + 8G +256G Intel macOS 15.4

**Opinions on Bear Creek Arsenal? > AR Discussions** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**AR-15 Community** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**16x9 15.6 17.3** - 16:9 x y 15.6 1 ≈2.54 15.6 ≈39.6cm 17.3 ≈43.9cm 15.6

**Equipment Exchange Community** > 3 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**General Discussion** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**- Your Firearm Resource. (AR-15, AR-10, M4, M16, AK** Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Reloading** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Who here is using a FRT with a 22LR. What is your setup?** Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**General Community** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**macOS Sequoia 15** - macOS Sequoia 15.4 intel MacBook MacBook Air 2020 intel i3 + 8G +256G Intel macOS 15.4

**Opinions on Bear Creek Arsenal? > AR Discussions** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**AR-15 Community** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**16x9 15.6 17.3** - 16:9 x y 15.6 1 ≈2.54 15.6 ≈39.6cm 17.3 ≈43.9cm 15.6

**Equipment Exchange Community** > 3 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**General Discussion** > 2 days ago Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**- Your Firearm Resource. (AR-15, AR-10, M4, M16, AK** Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Reloading** > Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear

**Who here is using a FRT with a 22LR. What is your setup?** Firearm Discussion and Resources from AR-15, AK-47, Handguns and more! Buy, Sell, and Trade your Firearms and Gear