



Speed and Strength Circuit

Complete each circuit 3-5 times

Rest whenever you need but as little as possible

Rest 2-3 minutes between circuits

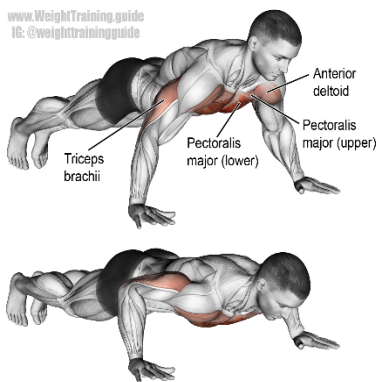
1) Sprint – 30s



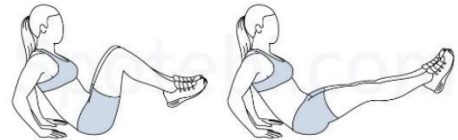
2) Lunge – 20 reps



3) Push Ups – 15 reps



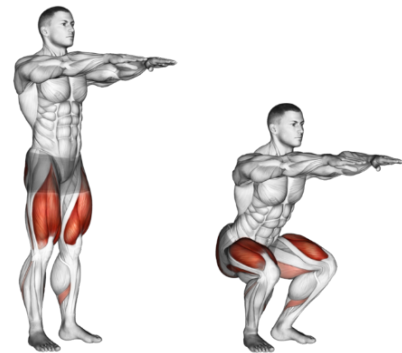
4) V-Tuck – 20 reps



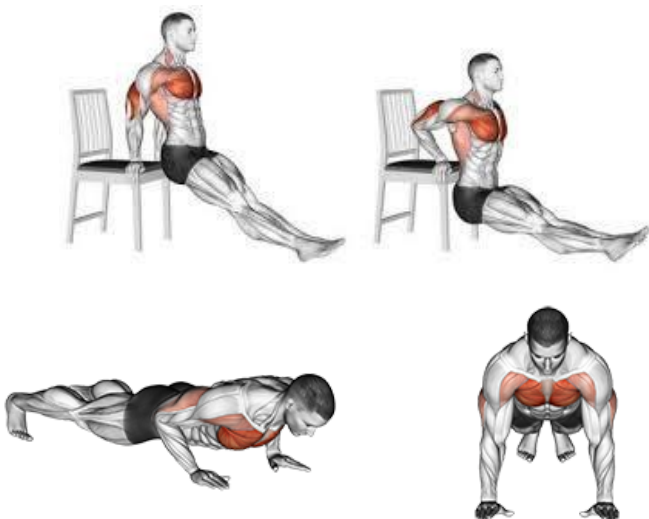
1) Sprint – 30s



2) Squat



3) Dips OR Military Push ups – 15 reps



4) Superman – 20 reps

