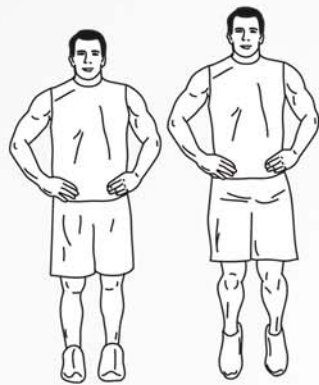


SPRINTER

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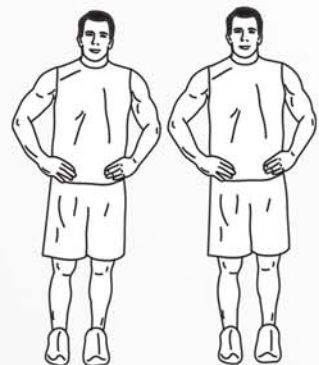
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 hops on the spot

6 side-to-side hops

10 high knees



6 hops on the spot

6 side-to-side hops

10 high knees



6 hops on the spot

6 side-to-side hops

10 high knees

6 hops on the spot

6 side-to-side hops

10 high knees