



LEVEL 1 // 2 SETS  
LEVEL 2 // 4 SETS  
LEVEL 3 // 7 SETS

# RUN FASTER CIRCUIT

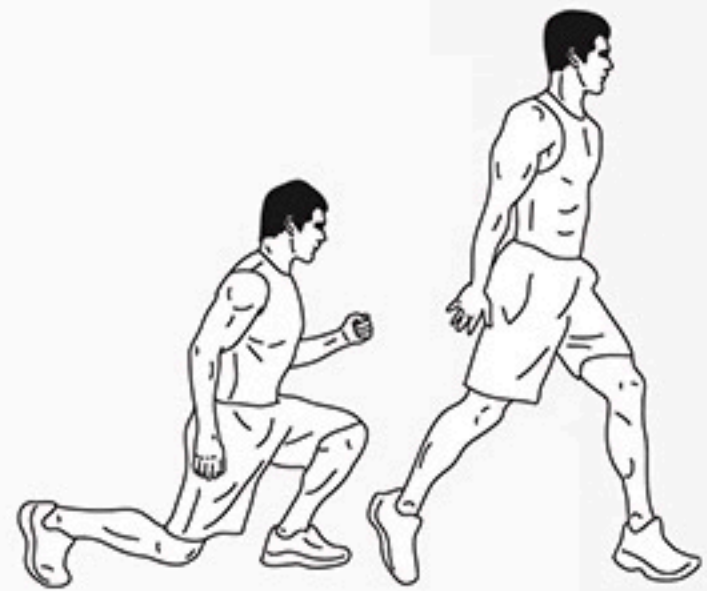
2 MINUTES REST



**20** high knees



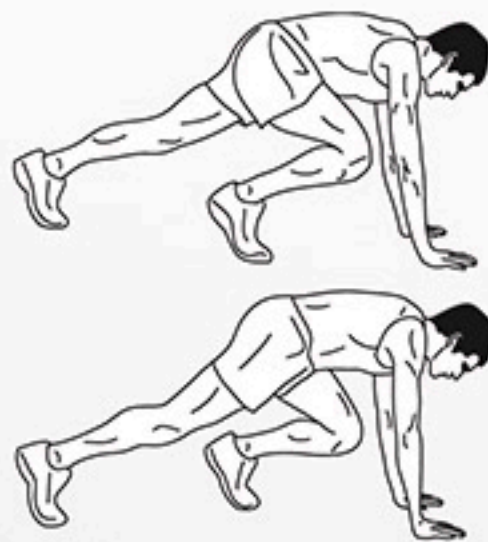
**10** jump squats



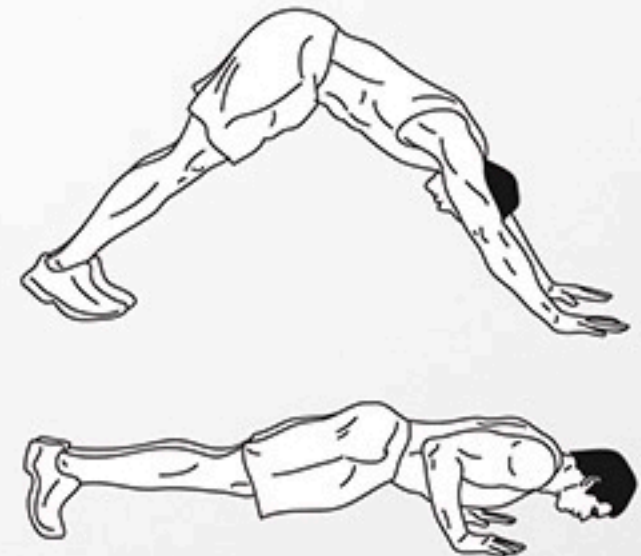
**10** jumping lunges



**20** calf raises



**10** climbers



**10** judo push-ups