

RUN FASTER

BY DAREBEE

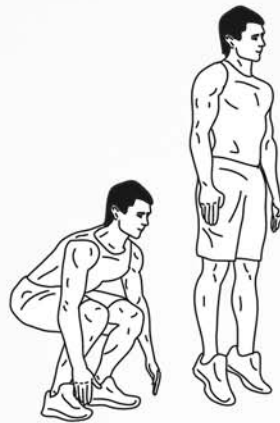
CIRCUIT

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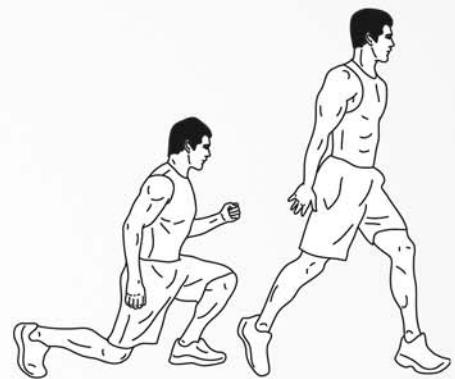
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



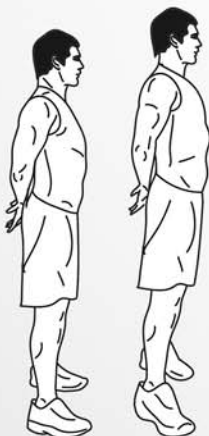
20 high knees



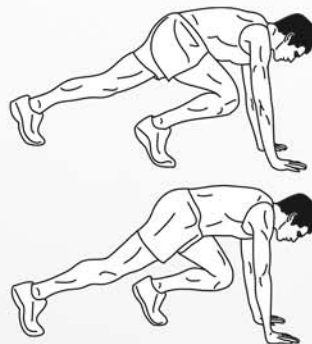
10 jump squats



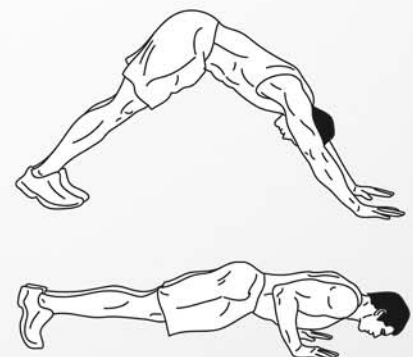
10 jumping lunges



20 calf raises



10 climbers



10 judo push-ups