

Obstacle Run

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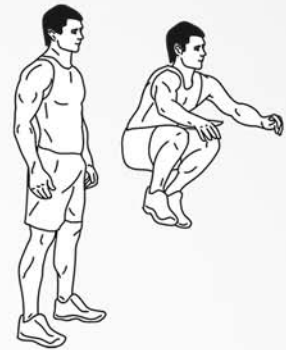
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
open area friendly - run (and jump) from point A to point B



1min high knees



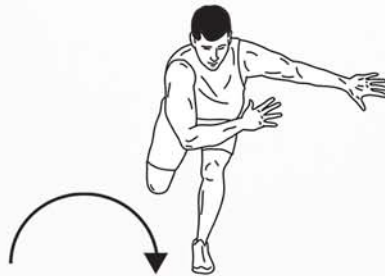
+ jump to the left +



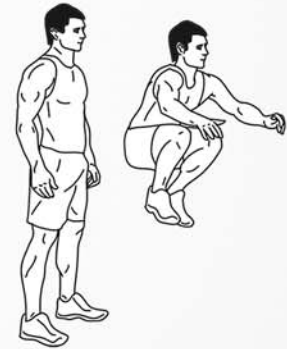
jump knee tuck



1min high knees



+ jump to the right +



jump knee tuck



1min high knees



+ forward hop +



jump knee tuck