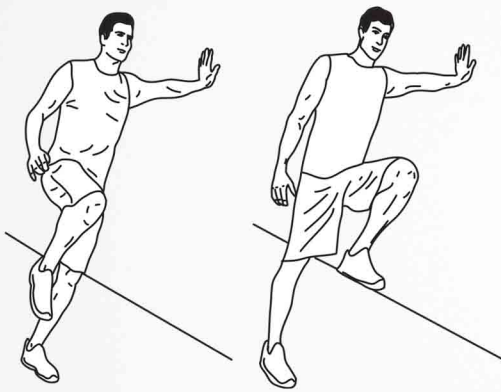


POWER SPRINTER

DAREBEE WORKOUT @ darebee.com

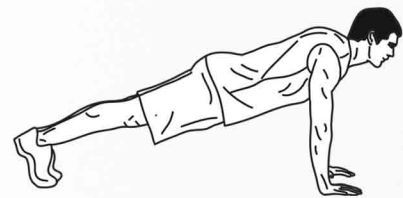
40 seconds each | 3 sets | up to 2 minutes between sets



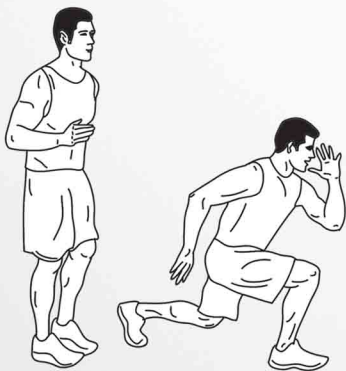
lateral wall run



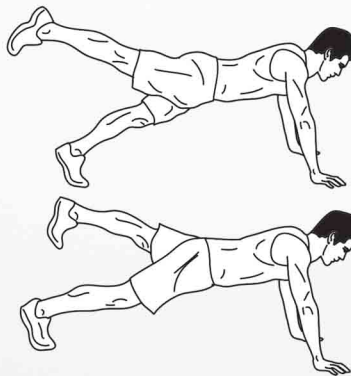
wall sit



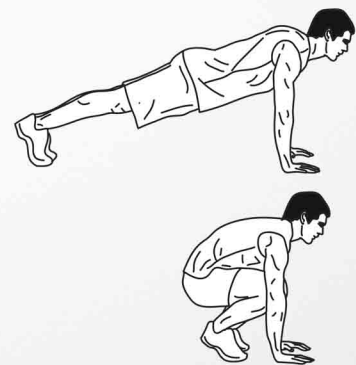
plank



sprinter lunges



plank leg raises



plank jump-ins