

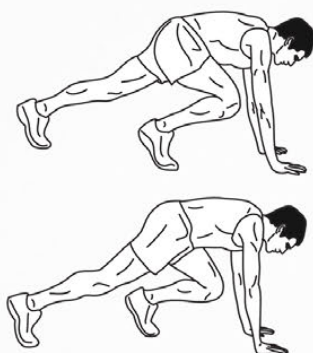
# ***SPRINTER***

# ***TRAINING***

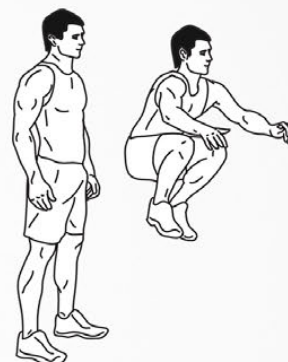
DAREBEE  
WORKOUT  
[@ darebee.com](https://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



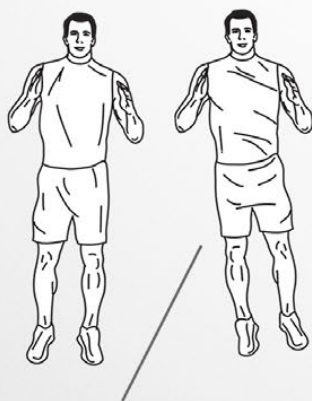
**8** jump squats



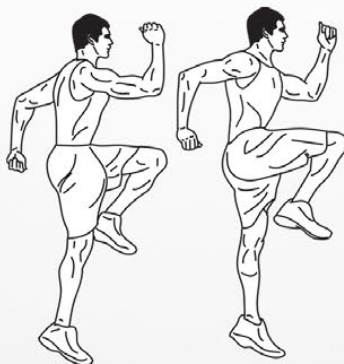
**20** speed climbers



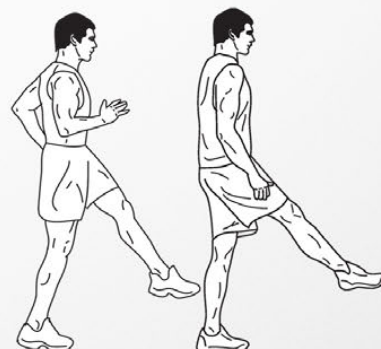
**8** jump knee-tucks



**20** side-to-side jumps



**20** high skips



**20** straight-leg bounds