



Endurance: Jog and Sprint box (10-15 yards)

Category: Warm-ups
Difficulty: Beginner

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Individual-Adult Member

Description

Set up a box for 10 yards (or 15 yards), then sprint and jog in the variations described.

Screen 1

Endurance:

Jog ABCDA

Sprint AB, Jog BCDA

Sprint ABC, Jog CDA

Sprint ABCD, Jog DA

Spring ABCDA

