

Lactic Explosive Repeat

Level 1

Stairs/Biking/Sprinting/Split Box Jump

Duration	Sets/Reps
0:10 on, 0:20 off	8 reps
Rest 3:00	1 rep
0:10 on, 0:20 off	8 reps
Rest 3:00	1 rep
0:10 on, 0:20 off	8 reps
MAX SPEED/SPRINTING	
Total Duration: 18 min	