

# Lactic Explosive Repeat

Level 2

Stairs/Biking/Sprinting/Split Box Jump

Duration	Sets/Reps
0:10 on, 0:20 off	10 reps
Rest 3:00	1 rep
0:10 on, 0:20 off	10 reps
Rest 3:00	1 rep
0:10 on, 0:20 off	10 reps
<b>MAX SPEED/SPRINTING</b>	
Total Duration: 21 min	