

THE EXERCISES:

Switch Lunge

Crouch Spring

High Knee Sprint

	<i>TIME PER EXERCISE</i>	<i>NUMBER OF ROUNDS</i>	<i>REST BETWEEN ROUNDS</i>
WEEK 1	15s	5 - 8	1m 15s
WEEK 2	20s	4 - 6	1m 30s
WEEK 3	25s	4 - 6	1m 30s
WEEK 4	30s	3 - 5	2 - 3 mins