

FIT TO RUN

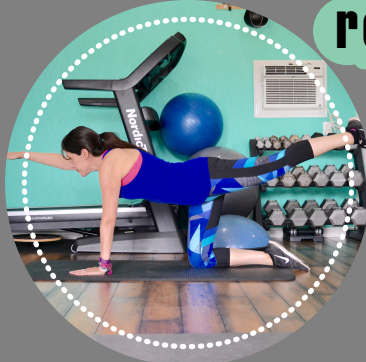
Strength

DAY 2

Each round:
exercise #1 20 seconds
rest 10 seconds
exercise #2 20 seconds
rest 10 seconds
repeat for **4** minutes

rest 1 min between rounds

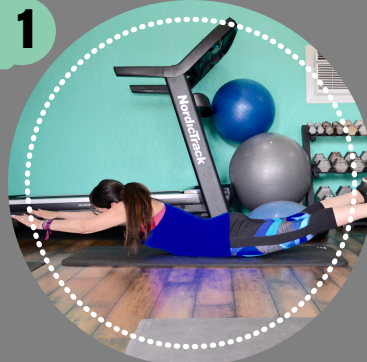
bird dog



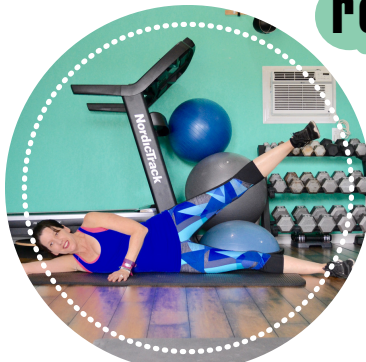
round 1



superman



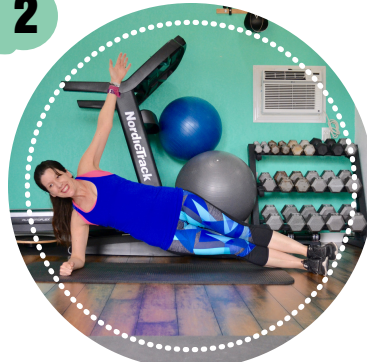
hip raises



round 2

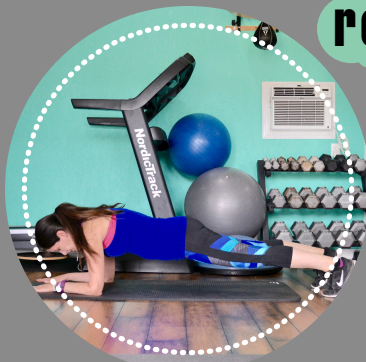


side plank



www.leagendersfitness.com

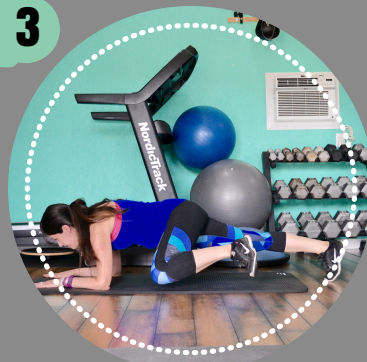
low plank



round 3



crawler



russian twist



round 4



tricep dip

