

# FIT TO RUN

## Strength

### DAY 1

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

squat



round 1



side lunge



lunge



round 2

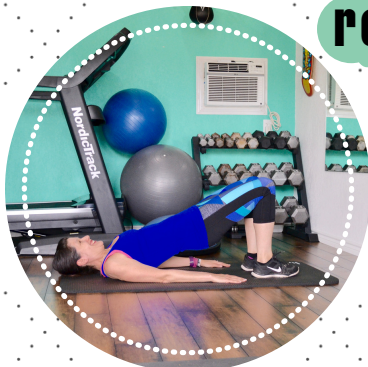


curtsy squat



[www.leagendersfitness.com](http://www.leagendersfitness.com)

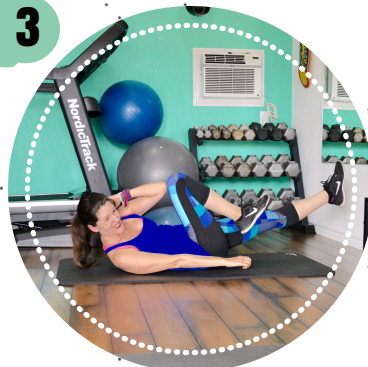
bridge



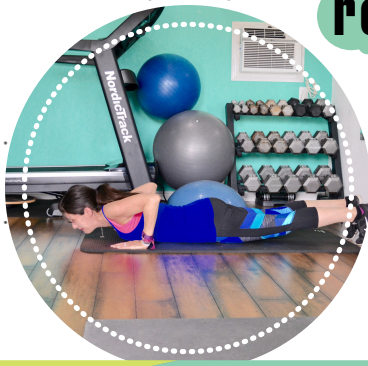
round 3



bicycle



push up



round 4



plank row

