

Sprint Workout-

1. 15 push-ups
2. 20 yard sprint
3. 15 squat jumps
4. 20 yard sprint back
5. 25 pushups
6. 30 yard sprint
7. Walking lunges back to start
8. 30 yard sprint
9. 20 yard sprint
10. 20 yard sprint
11. 10 yard sprint
12. 10 yard sprint

Perform one round of the circuit then rest for 2 minutes. Do the circuit another 5 times for a total of 6 rounds.