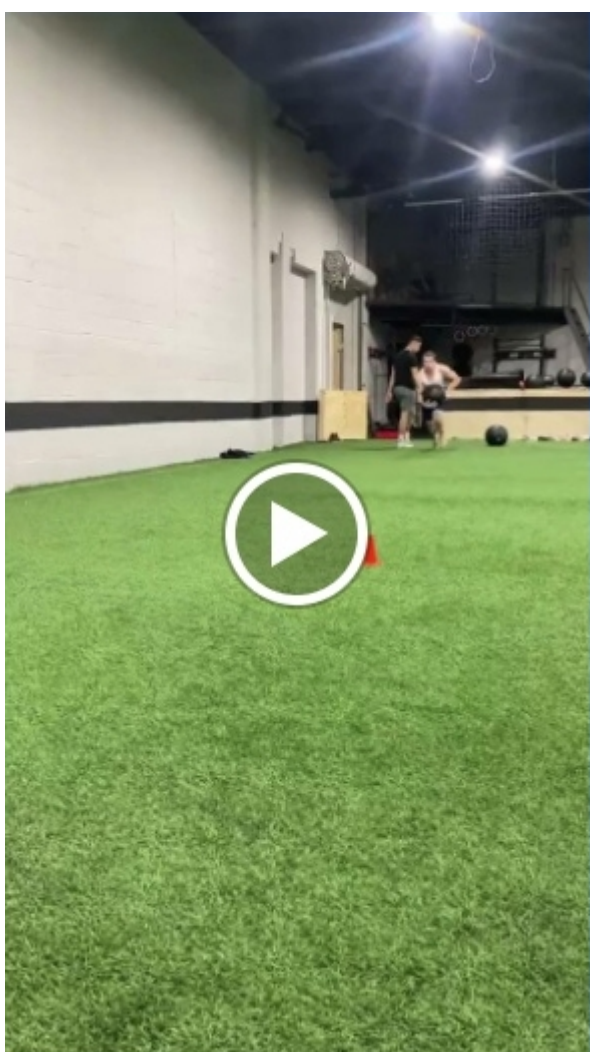


# Sprinting exercises (part 2)

GameProgression

## MEDICINE BALL CONTRAST SPRINTS



## FALLING START SPRINTS



**WALKING LUNGE WITH HIP DRIVE**

