

@MRCSAJKO



FLASH WARM-UP



**JOG IN PLACE:
15 SECONDS**



**SPRINT IN PLACE:
15 SECONDS**



**JOG IN PLACE:
15 SECONDS**



**PUSH UP POSITION:
30 SECONDS**



**SPRINT IN PLACE:
15 SECONDS**



**JOG IN PLACE:
30 SECONDS**



**SPRINT IN PLACE:
15 SECONDS**

**WOAH!
THAT WAS FAST!
CAN YOU DO IT
AGAIN?**

