

ZONE 8 *Sprint Lanes*

Expected workout time: 30–35 minutes

WARM-UP

- Be sure to properly warm up your muscles before starting.

MAIN SET

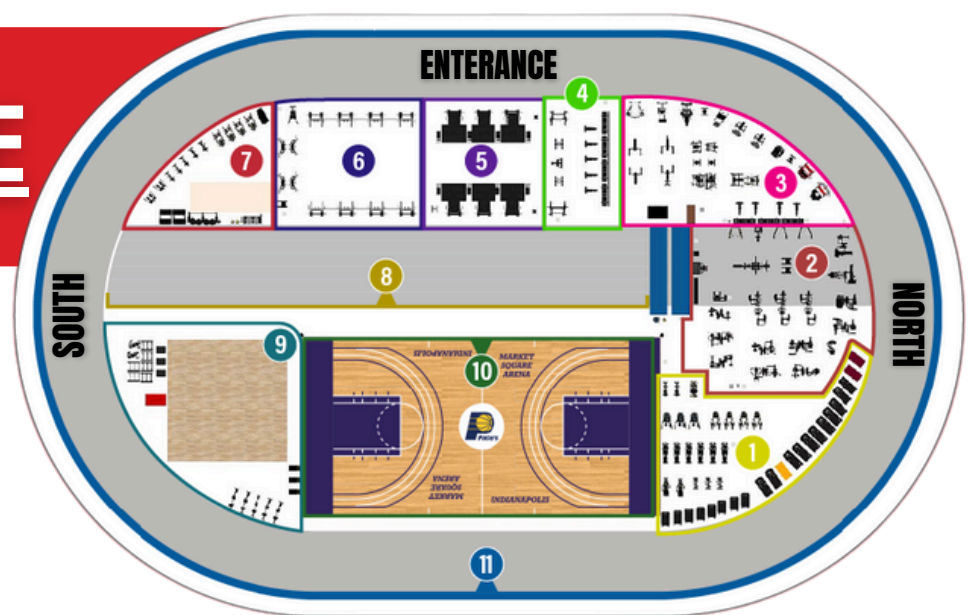
- Tall Knee Hugs - 1x10 yds
- Quad Stretch w/ OH Reach - 1x10 yds
- Straight Leg Hamstring Sweep - 1x10 yds
- Hip External ROT Cradles - 1x10 yds
- High Knees - 2x10 yds
- Butt Kicks - 2x10 yd

COOL DOWN

- Take a lap around the track to lower your heart rate.

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  **DEKA** competition entry!