Combat Sprints

Workout #1





- 6 Burpees
- 12 Squats
- 12 T-Push Ups
- 400 Meter Sprint

Repeat 4-6 Times

- IOTV + Plates
- Track is Recommended, Not Necessary

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Combat Sprints #1					
Set	Time per Set	Exercise	Reps	Weight	Target Muscle
1	60s	Burpees	6	IOTV	Chest, Triceps, Shoulders, Legs & Core
2	60s	Squats	12	IOTV	Quads, Core, Low Back
3	60s	Hand Release T-Push Ups	12	IOTV	Chest, Triceps, Shoulders & Core
4	120s	Sprint	400m	IOTV	Cardiovascular System, Hamstrings & Quads
5	2-3 Min	Rest	-	-	-
Repeat All Sets			5x		
Time to Complete Total Workout			40 Min		

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IOTV + Plates are needed