

| MASQ TRAINING | | |
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| TRAINING FOCUS | LIMITATIONS | |
| SPEED | EQUIPMENT | NONE |
| | BODY PARTS | TOTAL BODY |
| SPEED CIRCUIT | | |
| WORKOUT EXPLANATION | | |
| Complete each sprint in order with 45-60 seconds of rest between reps, unless stated otherwise. Take 2-3min between exercises. | | |
| Standing Start: start with one foot in front of the other, switch each rep. Half kneeling start: lunge position with one knee rested on the ground, switch each rep. | | |
| A | STANDING START 2x15yrd | |
| B | HALF KNEELING START 2x15yrd EACH | |
| C | BACKWARDS FACING START 2x15yrd | |
| D | 60yrd SPRINTS x8 w/60sec REST | |
| E | 5min COOLDOWN WALK | |
| https://www.masqtraining.com/ | | |