

Interval Session Warm up

	Beg	Int	Adv
Steady Jog (3 minutes)	█	█	█
Jog / Backwards Run Jog / A Skips Jog / Heel Flicks } 3 Rounds			
Standing Side leg Raises 15 repetitions (each Side) - 3 Rounds			
Lunge Drives 15 (each side) - 2 Rounds		█	
Lunge Jumps 15 repetitions (each side) - 2 Rounds			█



A skips



Heel Flicks



Standing Lateral Leg Raise



Lunge Drives/Jumps

