Title: Cardio – Sprints

Primary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Chest, Middle Back / Lats, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold your body steady in a solid, slightly-leaning-forward position.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Drive your back leg into the floor and begin by taking small, rapid steps that gradually build to bigger, explosive steps. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pump your arms and use them to pull your body forward, allow your hands to travel from hip to lip as you run. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With every stride, lift your front knee while straightening your back leg completely to deliver full-bursting power.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">As you pass the finish line, allow your pace to slow steadily. Do not try to stop yourself instantly, you have no air bag. </span></li>

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