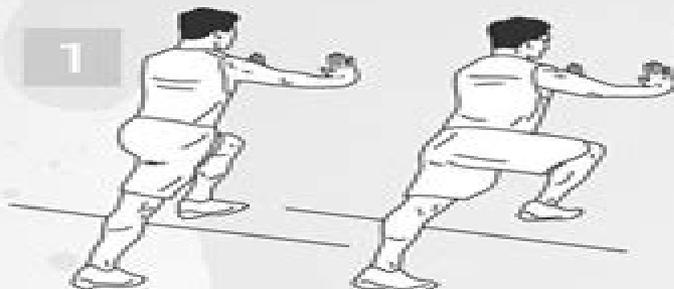


# POWER SPRINTER

40 seconds each / 20 second rest after each exercise

neilarey.com

1



wall high knees

2



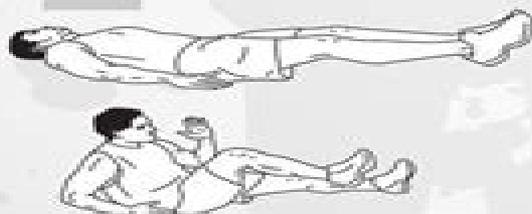
wall sit

3



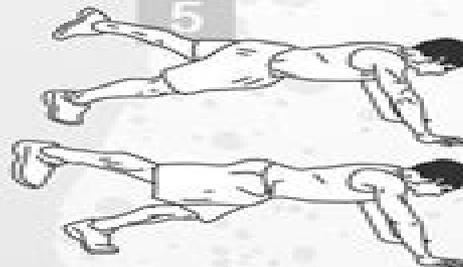
plank

4



sprinters

5



plank leg raises

6



plank jump-ins

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# Explosive Leg Workout

**PT Brinkman**



## **Explosive Leg Workout:**

## Reviewing **Explosive Leg Workout**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Explosive Leg Workout**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Explosive Leg Workout Introduction**

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