

# the fast feet workout

Grab a skipping rope and a box (or bench), and set up near a bike or treadmill. Alternatively, take the sprints in the last portion of the workout outside. Do all of the exercises below as fast as you can with good form, resting only as needed. Stretch out and rehydrate when you're done, and congratulate yourself on crushing a killer workout!

**100 skips**

**40 mountain climbers**

**100 skips**

**30 jump squats**

**100 skips**

**20 up-and-over box jumps with burpees**

**100 skips**

**10 side shuffles with tuck jump**

**100 skips**

**5x: 1 min sprint (run or bike), 1 min easy recovery**

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stretch, recover, rehydrate. repeat again in a couple of days and see if you can beat your time!