

# Day - 1

## MV TRACK: SPRINTERS

Week 1-3:

3 sets – 10, 6-8, 10 reps

Week 4-6:

4 sets – 10, 6, 6, 10 reps

Cleans

Lat Pull Downs

Shoulder Shrugs

Back Fly

Dumbbell Rows

Bent Rows

Side Planks (3 sets on each side for 30 seconds)

Ball Crunch (3 sets of 30)

Alternating Arm / Leg Raise from All Fours  
(3 sets of 12 per side)

## Day - 2

### MV TRACK: SPRINTERS WORKOUT

Week 1-3:

3 sets – 10, 6-8, 10 reps

Week 4-6:

4 sets – 10, 6, 6, 10 reps

Dumbbell Bench Press

Dead-Lift

Dumbbell Pectoral Fly

Dumbbell Military Press

Triceps Extension (dumbbells or machine)

Bicycle Crunch (3 sets of 15)

Front Planks (3 sets of 30 seconds)

Ball Crunch (3 sets of 25)

