

# SAND TRAINING WITH RAFA

3 ROUNDS



1. ONE LEG JUMPS

☒ 8 REP

PAUSE 10 SECONDS



2. KNEES UP WITH  
SPRINT

☒ 4 REP

PAUSE 10 SECONDS



3. SIDE-TO-SIDE

🕒 20 SEC

PAUSE 10 SECONDS



#45

4. JUMP SQUAT WITH  
SPRINT

☒ 3 REP

REST FOR 1 MINUTE