

VAULT WORKOUTS

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
SPRINTS	➤ 50 feet ➤ 5x	➤ 60 feet ➤ 10x	➤ 70 feet ➤ 10x
JUMPS	➤ 20 jumps ➤ 3x	➤ 20 jumps ➤ 5x	➤ 20 jumps ➤ 10x
HANDSTAND SHOULDER TOUCHES	➤ 3 touches ➤ 5x	➤ 8 touches ➤ 5x	➤ 15 touches ➤ 5x