

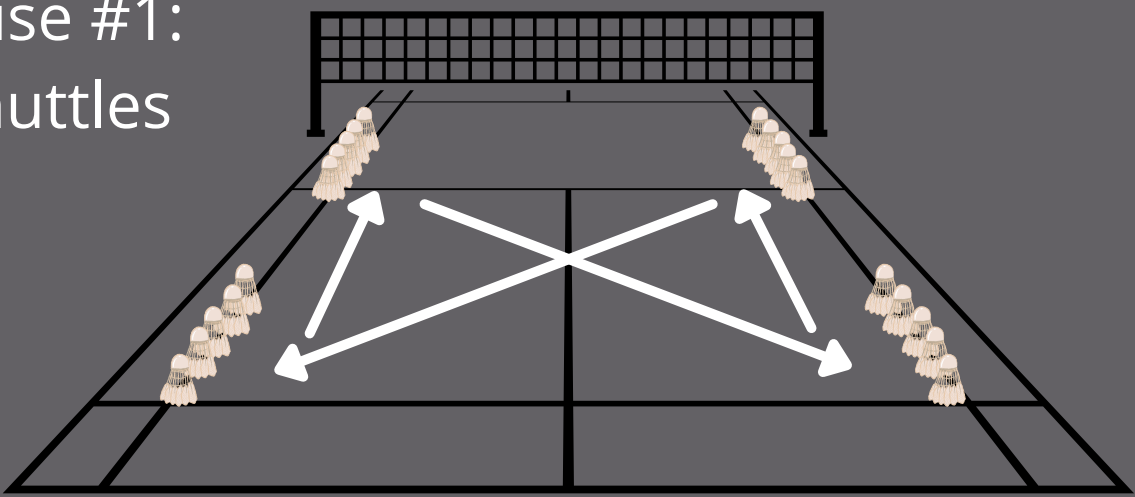
# MISHA'S SPEED WORKOUT



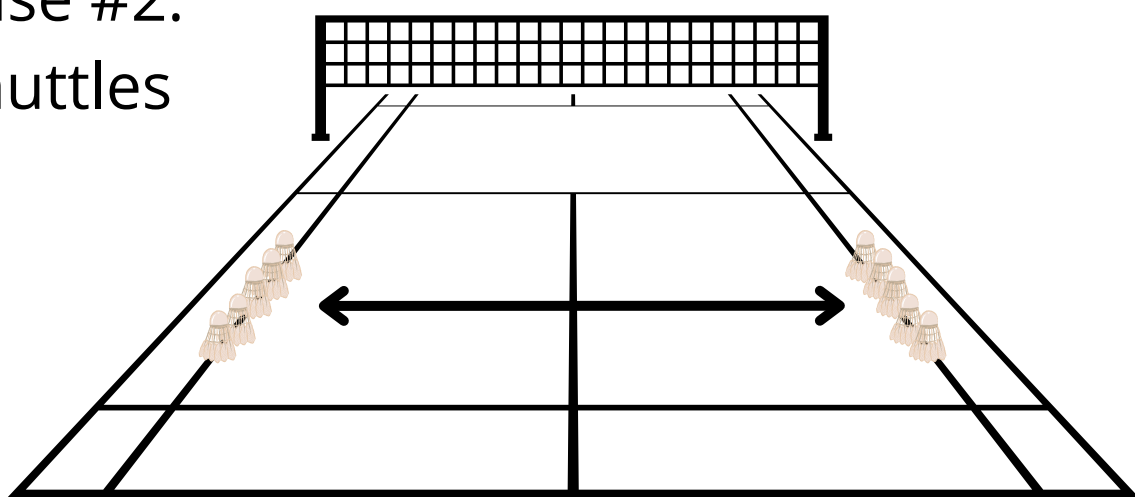
## The Details:

- 4 Exercises with 10-20 shuttles
- set a timer to one minute
- tip the shuttles as fast as you can
- rest until the next minute starts
- do 5 rounds in total (20 minutes)

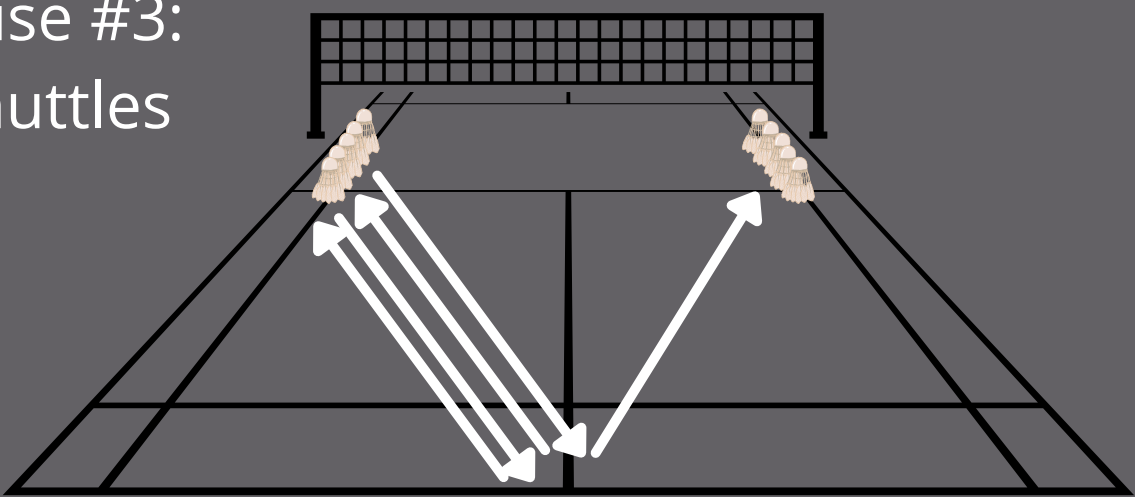
Exercise #1:  
20 Shuttles



Exercise #2:  
10 Shuttles



Exercise #3:  
10 Shuttles



Exercise #4:  
10 Shuttles

