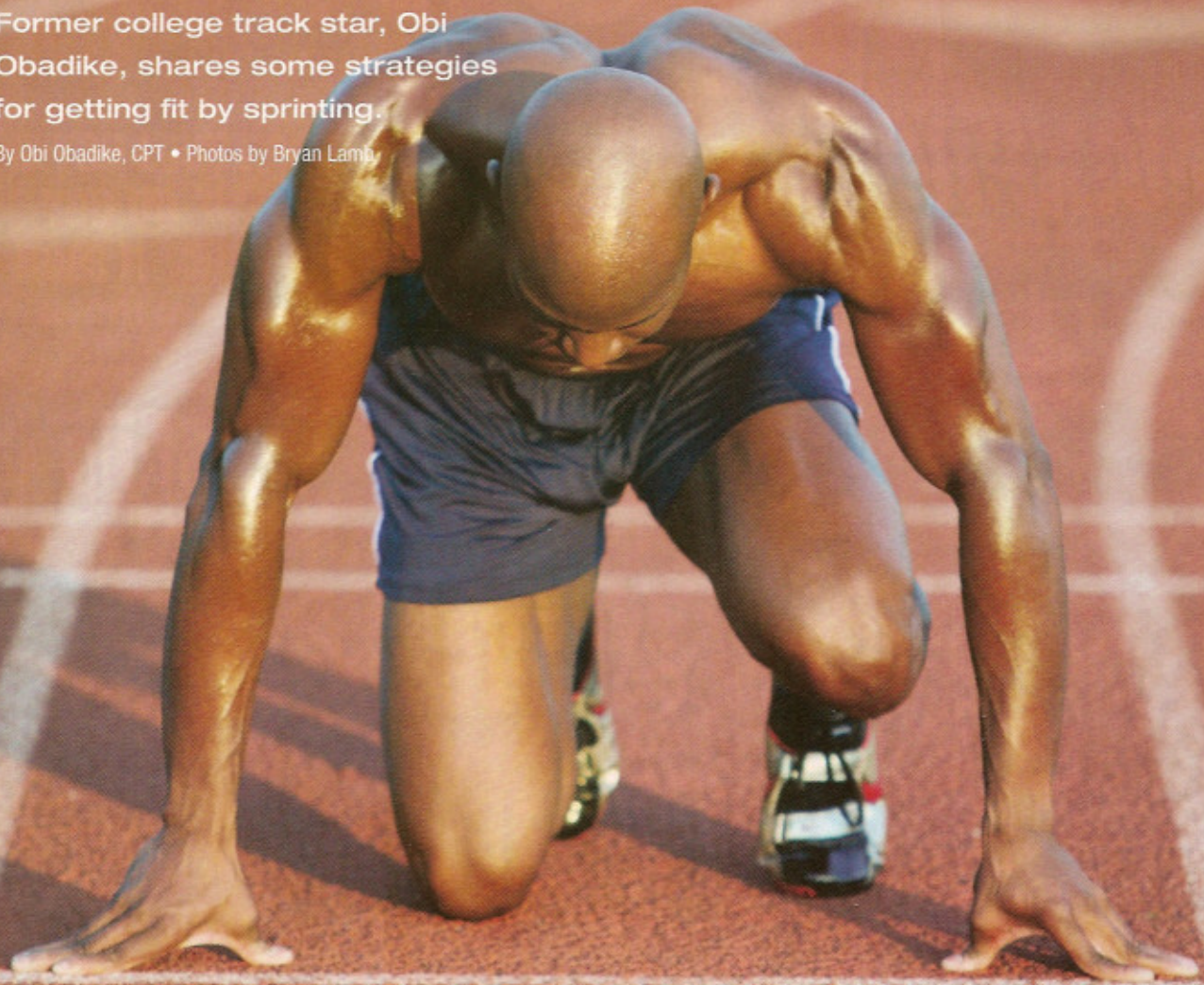


ON YOUR MARKS...

Former college track star, Obi Obadike, shares some strategies for getting fit by sprinting.

By Obi Obadike, CPT • Photos by Bryan Lamb



HOW MANY TIMES have we seen a track meet where sprinters were competing and we were amazed at how sculpted their legs and abs were. Well this doesn't happen by just waking up and stepping on a track. The reason behind this is the incredible sprinting training that is involved in becoming a proficient sprinter.

Sprinting is one of the most explosive and amazing workouts you could ever do. Matter of fact, it is gaining in popularity right now among celebrities who work out to stay in fit shape. The specific body parts sprinting targets include the butt, hips, hamstrings, quads, calves and abs. And, it can be done outside the gym in any local park or track.

Sprinting is great for fat loss and increases your metabolic rate for several days. High intensity sprinting will burn calories long after your workout is complete. It is an exercise that can be done by men or women. In fact, many fitness and figure competitors incorporate sprinting in their training because of how positive the results are in building lean, long muscles.

Sprinting is arguably the best way to firm your legs and butt without incorporating resistance training. Don't get me wrong, doing squats, lunges and hack squats are also great ways to train your legs. But, sprinting is the best alternative to these leg exercises. Let's be honest with ourselves, we all get bored sometimes going to the gym