

SPRINT 8







Join the creator of the Sprint 8® program for a podcast series explaining the Sprint 8 science and how it maximizes results in just 20 minutes a day, 3 days per week.

Phil Campbell

M.S., M.A., ACSM-CPT, FACHE



Sprint 8 Podcasts

- 
Meet Phil and learn why he created the Sprint 8 program
5:01
- 
Benefits of the Sprint 8 high-intensity workout
5:02
- 
What is the Sprint 8 program?
4:42
- 
How Sprint 8 workouts maximize results
3:16
- 
How Sprint 8 workouts increase energy
3:18
- 
How the Sprint 8 program leads to a longer, healthier life
4:07

Download the Training Guide

