



The Vault Runway

What can I do on Vault Runaway?

- Running at different speeds
- Skipping
- Hopping
- Grapevine
- Karaoke
- Have a friend time you on how fast you run from one end to the other
- Bear/Crab walk
- Run backwards
- High Knees
- Butt-Kickers
- Frankenstein Walking
- Lunges
- Standing long jumps