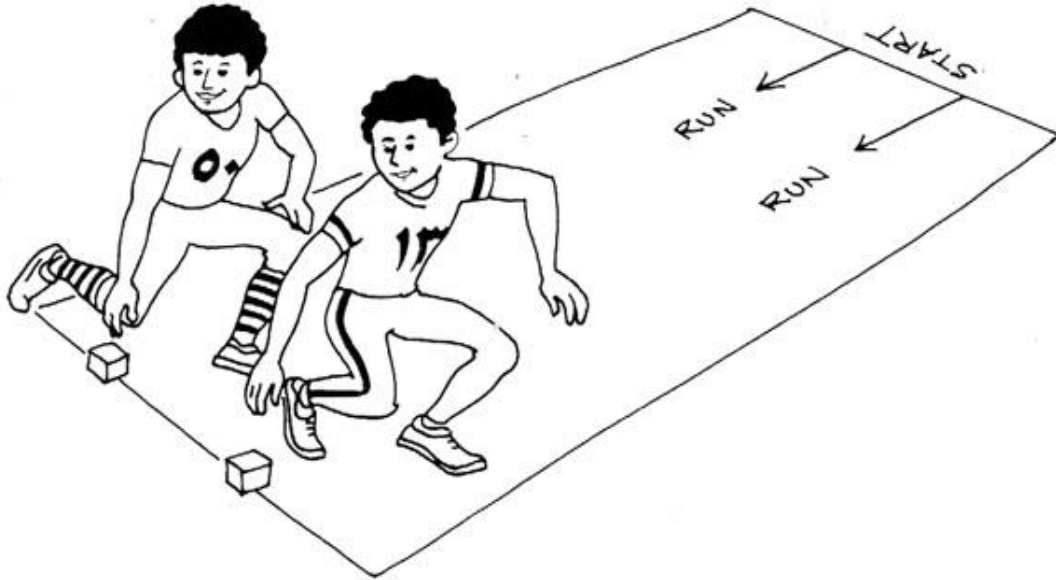


# Class 4 Circuit Challenge

Complete the circuit three times.  
Have 1 minute rest between each activity.

# Shuttle Runs

(How many can you complete in 1 minute?)



# Squat Thrusts

(How many can you complete in 1 minute?)



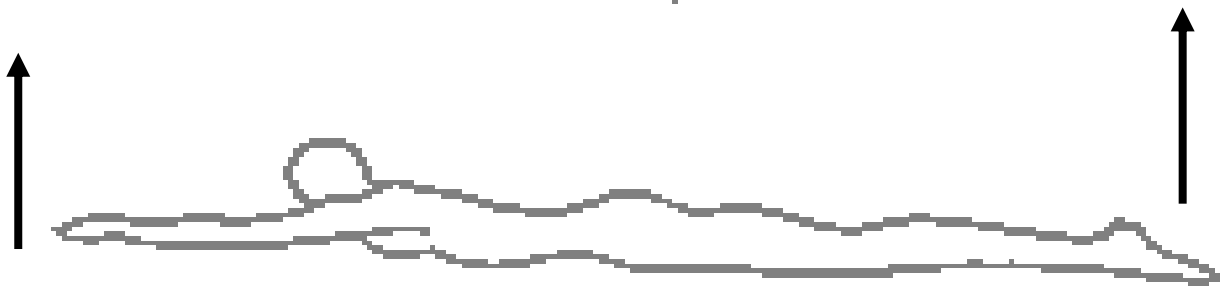
# Cycling

(Keep going for 1 minute)



# Superman

(Can you hold it for 1 minute?)



# Jump Squats

(How many can you do in 1 minute?)

