

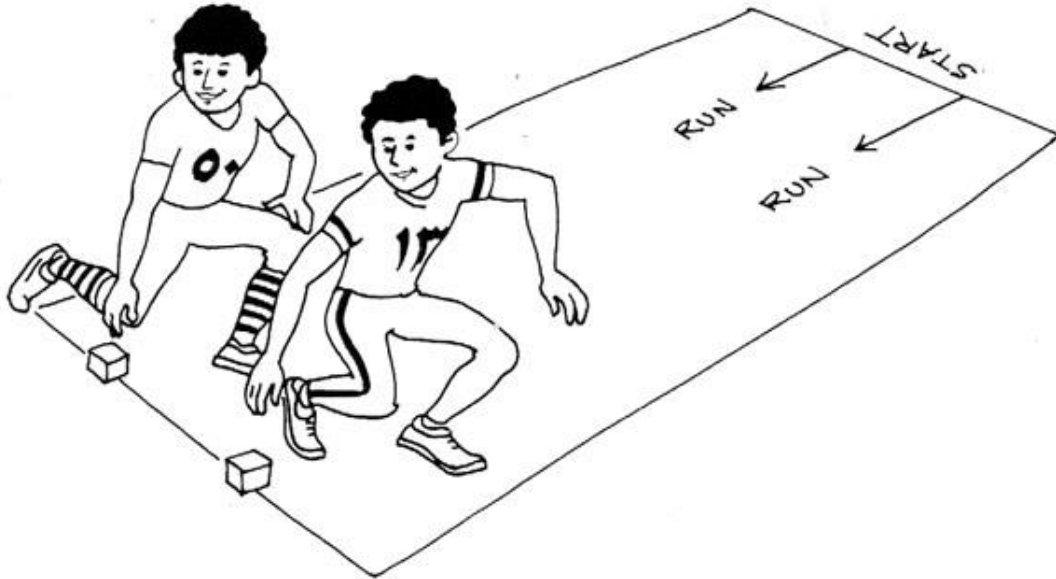
Class 4 Circuit Challenge

How many of each can you complete
in 1 minute?

Have 1 minute rest between each
activity.

Can you complete the circuit 3 times?

Shuttle Runs



Side Plank

(One side and the other)

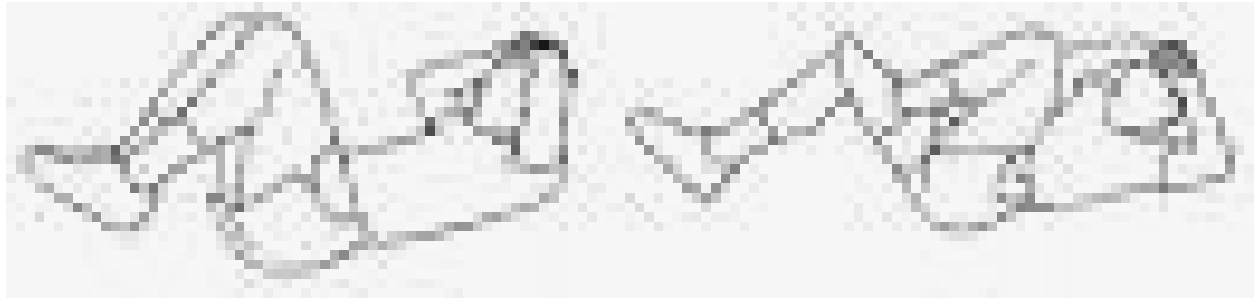
Option 1



Option 2



Cycling legs



Superman

(How long can you hold it before 1 minute is up?)



Ski Jumps

