

Class 4 Circuits

Challenge

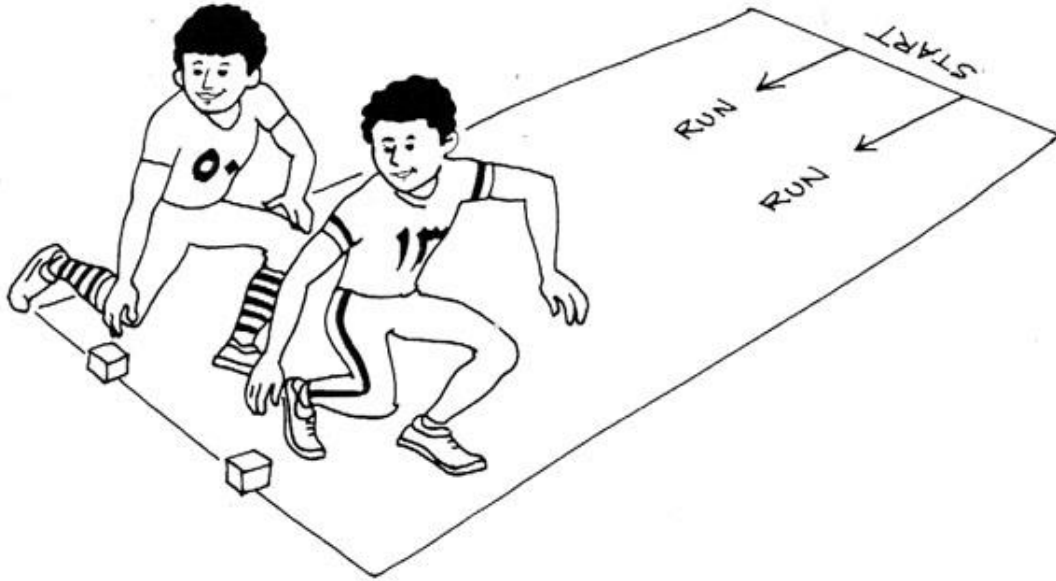
Week 2

How many of each activity can you do in 1 minute?

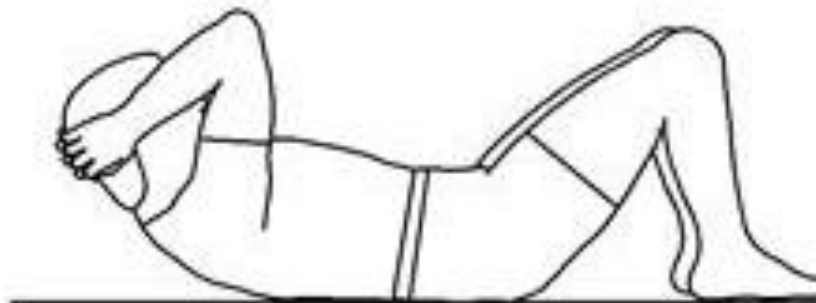
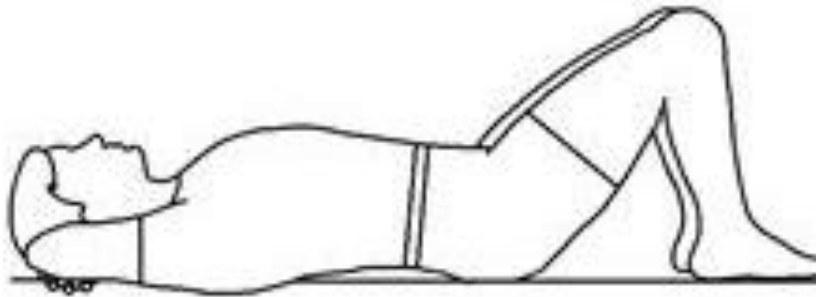
Have 1 minute rest between each activity.

Can you do the circuit three times?

Shuttle Runs

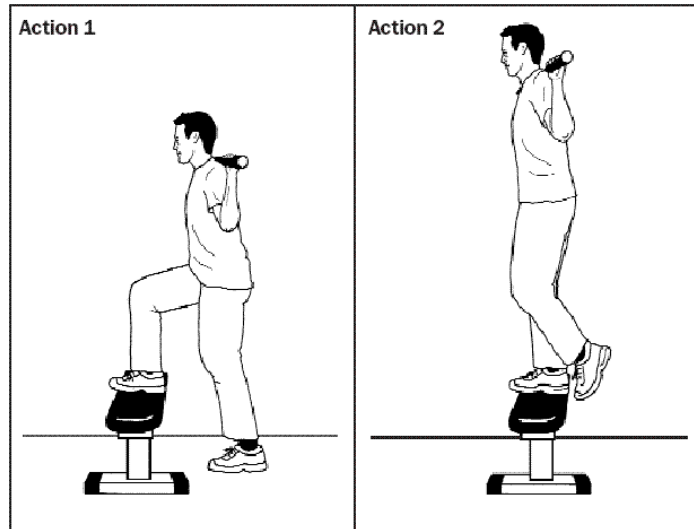


Crunches

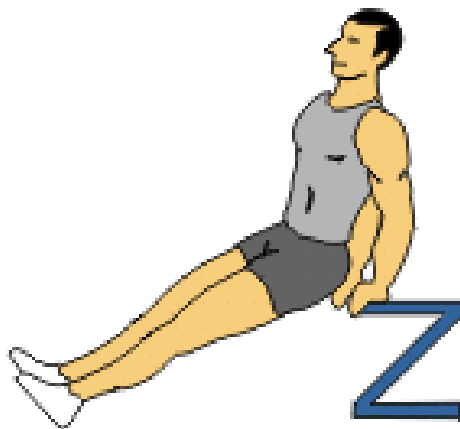


Step Ups

(You could use your stairs for this - but please be careful!)



Tricep Dips



Star Jumps



Plank

