

Class 4

circuits

challenge

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?

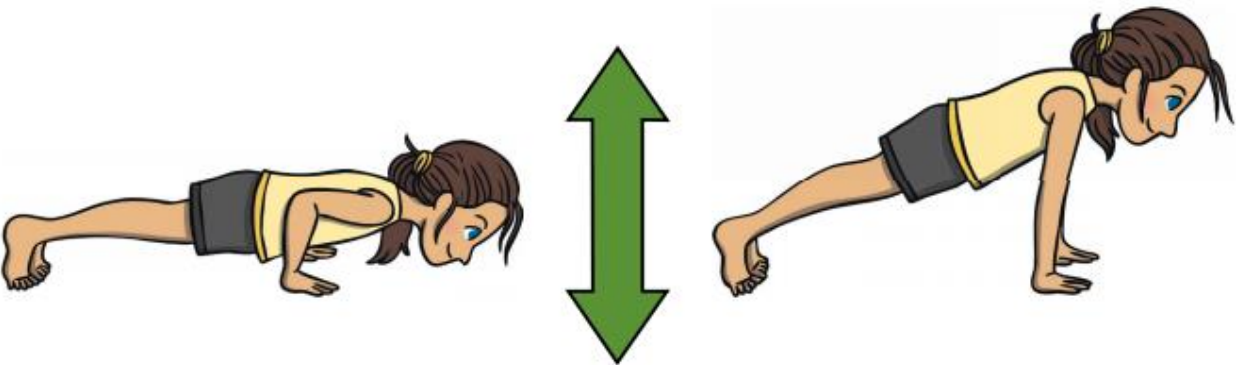
Shuttle Runs

(From one 'cone' to the other counts as 1)



Press Ups

(You can put your knees on the floor to make this activity easier)



Burpees

(Remember to jump right up and stretch)



Plank

(Try to hold it for 30 seconds)

