

P4-7 Circuits



Deliverer to decide how long to spend at each station

Stations

- Station 1: Jumping Jacks
- Station 2: Shuttle Runs
- Station 3: Mountain Climbers
- Station 4: Frog Jumps
- Station 5: High knees with punches
- Station 6: Marching on the Spot
- Station 7: Squats
- Station 8: Lunges
- Station 9: Sprint on the spot
- Station 10: Hopping on left/right leg



P4-7 Circuits

Deliverer to decide how long each station to last for



Stations

Station 1: Hurdles

Station 2: Dribble ball through cones

Station 3: Balance on your left/right foot

Station 4: Step Ups

Station 5: Over and Under

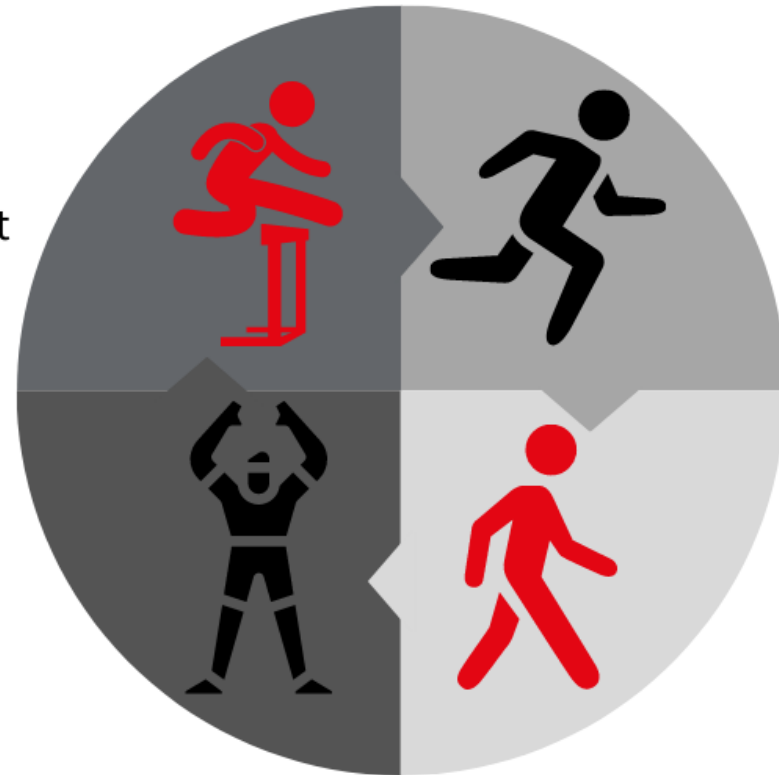
Station 6: High Knees

Station 7: Jumping Through Hoops

Station 8: Climb The Rope

Station 9: Balance beanbag on head

Station 10: Walking Lunges



P4-7 Circuits

Deliverer to decide how long each station to last for



Stations

Station 1: Squat Jumps

Station 2: Balance on your left/ right foot

Station 3: Mountain Climbers

Station 4: Shuttle Runs

Station 5: Burpees

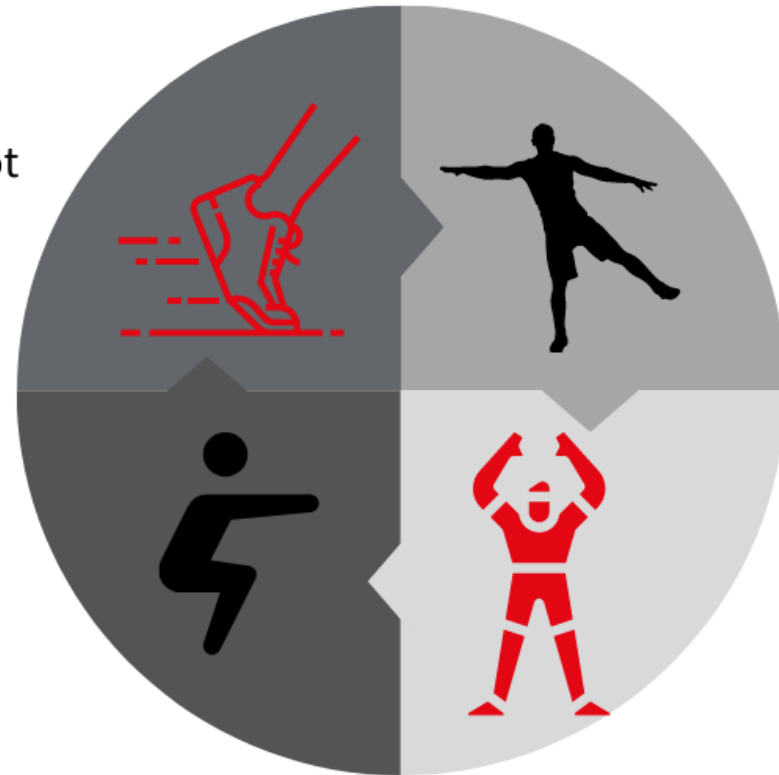
Station 6: High Knees

Station 7: Run backwards

Station 8: Jumping Jacks

Station 9: Frog Jumps

Station 10: Walking Lunges



P4-7 Circuits

Deliverer to decide how long each station to last for



Stations

Station 1: Hurdles

Station 2: Dribble ball through cones

Station 3: Balance on your left/right foot

Station 4: Shuttle Runs

Station 5: Over and Under

Station 6: High Knees

Station 7: Run backwards

Station 8: Jumping Jacks

Station 9: Balance beanbag on head

Station 10: Walking Lunges

