

It's time to find out how fit you have kept since before Christmas and our circuit training in lessons!

How many of each circuit station can you do in a minute?

Some of the activities have been crossed out because we don't think you'll have the equipment at home but if you do, and want to, you can do those too.



Activity		
1. Plank	secs	secs
2. Tyre roll		
3. Sit ups		
4. Push ups		
5. Squats		
6. Ball to head, shoulders, knees and toes		
7. Skipping		
8. Burpees		
9. Spotty dogs		
10. Speed bounce		
11. Mountain climbers		
12. Star jumps		
13. Step ups		

Green – Strength

Blue – Fitness