

CIRCUIT 4 — QUICK FEET

STATION 1 — POWER WALKERS:

- Walking Lunges

STATION 2 — BALANCE DISCS:

- One Hand Push Up

STATION 3 — AGILITY POLES:

- Zig Zag

STATION 4 — AGILITY LADDERS:

- Hop Scotch Drill

STATION 5 — JUMP ROPES:

- Rocking Horse

STATION 6 — HURDLES:

- Overs

STATION 7 — TRAIN STATION:

- Bicep Curl

STATION 8 — MEDICINE BALL:

- Russian Twist

