

Station 1

Skipping

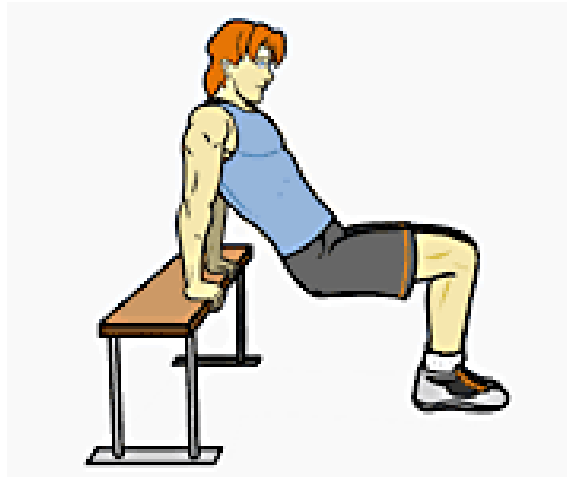


Station 2



Sit Ups

Station 3



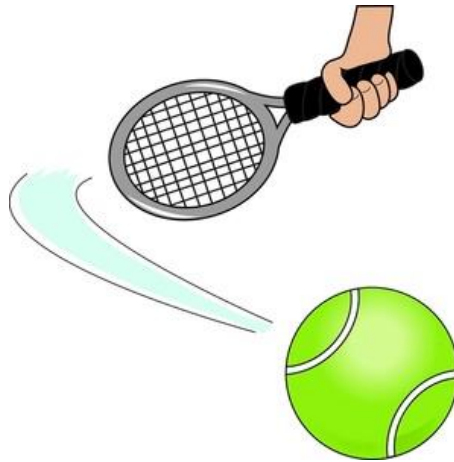
Seated Dips

Station 4



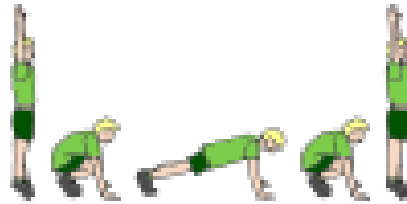
Star Jumps

Station 5



Bat and Ball

Station 6



Burpees

Station 7



Step Ups

Station 8



Switch Kicks

Station 9



Shuttle Runs

Station 10



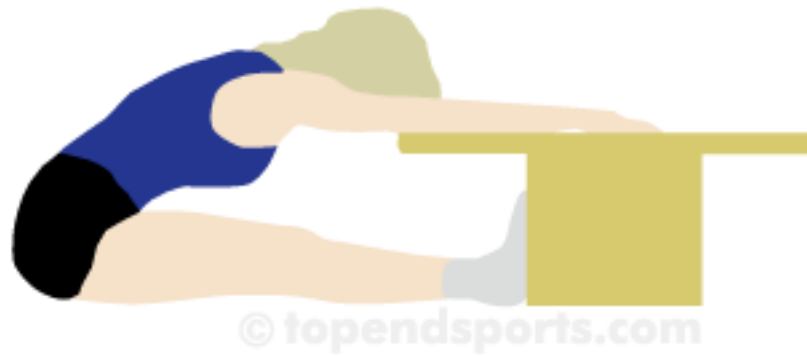
Press Ups

Station 11



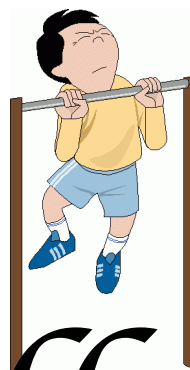
Hurdle Jump

Station 12



Sit & Reach

Station 13



Pull Ups

Station 14



Low Plank oblique

Station 15



Kick Ups

Station 16



Leg Raises