

# CONTINUOUS RUNNING

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Burpees

2 Metre

Tricep Dips

2 Metre

Sit Ups

Plank

2 Metre

Press Ups

2 Metre

Wall Sit

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# Instructions

Instructions for a 4 person circuit!

2 people continuously run for 6 minutes.

2 people complete the circuit at 90 seconds per exercise with 10 seconds rest between exercises.

You can adapt it to how you like, you can make it easier by reducing the time or make it harder by increasing the time or the amount of exercises.

Please give it a try and send in your efforts (Parents involved as well!!). See if you can come up with your own circuits for us to have a go at in school!