

Saint Ninian's HS HIT

Subway: Timetable

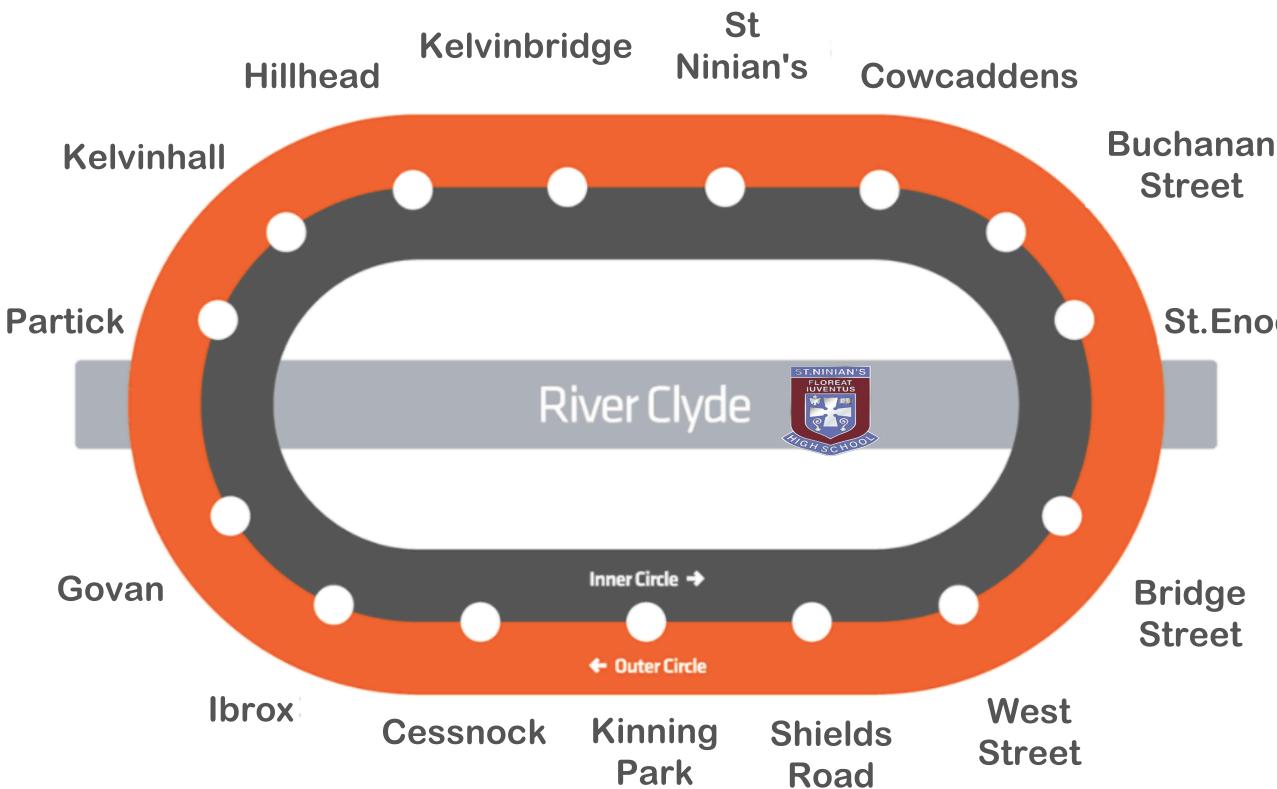
1.COMPLETE A RETURN JOURNEY FROM KINNING PARK TO ST NINIAN'S

2.COMPLETE THE EXERCISE **ASSOCIATED WITH EACH STATION** YOU PASS THROUGH

3.RETURN TRAVEL MUST BE IN THE OPPOSITE DIRECTION



- **Partick Star Jumps**
- **Govan Burpees**
- Ibrox Press Up's
- **Cessnock Sit Up's**
- Kinning Park Squats
- Shields Road Lunges
- West Street Bear Crawls
- Bridge Street Tuck Jumps
- St. Enoch Plank Shoulder Taps
- Buchanan Street Ski Jumps
- **Cowcaddens High Knees**
- St Ninian's Squat Jumps
- Kelvinbridge Reverse Lunge
- Hillhead Sprint On The Spot
- **Kelvinhall Mountain Climbers**





St.Enoch