



Saint Ninian's HS HIIT



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

LEVEL 1: **15** REPS

LEVEL 2: **20** REPS

LEVEL 3: **25** REPS

- 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

