

## Circuits

Clear a safe space in your house or garden.

- Complete the 5 activities with a minutes rest in-between each one.
- Can you perform each activity for 30 seconds without stopping?
- Repeat the circuit.

Make it more challenging –

- Perform the activity for 45seconds or 1 minute.
- Stop for only 30 seconds in-between activities.
- How many times can you complete the circuit?

1 – Star jumps



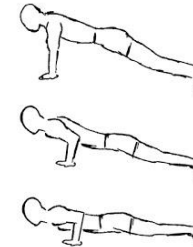
2 – Squats



3 – Jogging on the spot



4 – Press ups



5 – Hopping