

CONNECT 4 FITNESS

Playing against a partner, the first person to colour in 4 circles in a row wins!
You must complete the exercise in the chosen circle and then colour them in as you go, start from the bottom and work upwards/across/diagonal to get 4 in a row.

15 glute bridges	15 sit ups	15 squat jumps	25 star-jumps	1 minute plank	5 crunches	10 press-ups	20 high knees
10 leg raises	15 crunches	5 frog jumps	15 press-ups	1 minute punches	10 leg raises	20 star-jumps	10 lunge jumps
1 minute plank	10 frog jumps	10 jump squats	20 sit ups	30 seconds punches	15 press-ups	30 high knees	20 lunges
20 lunges	25 star-jumps	20 glute bridges	15 sit ups	25 frog jumps	20 squats	5 jump squats	20 leg raises
30 second plank	5 sit ups	10 squats	10 press-ups	1 minute punches	10 crunches	20 high knees	10 lunges