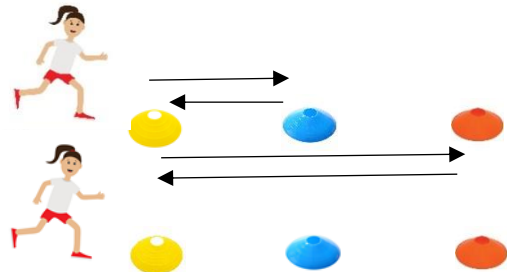


## Si Sports Circuit Training Week 1 & 2

Please challenge yourselves each time, keep a record of what activities you do each day / time you exercise.

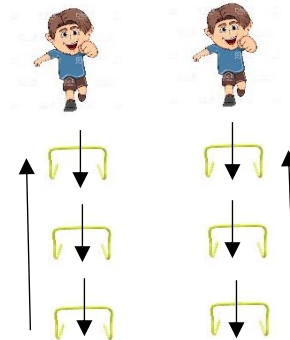
Do at least 30 minutes of physical activities per day each activity do 3 x 10 repetitions (Example 3 x 10 shuttle runs 3 x 10 hurdles / Step ups 30 in total)

Any problems call Simon 07977128490 or Email on [simon@si-sports.co.uk](mailto:simon@si-sports.co.uk)



### 1, SHUTTLE RUNS

Run between areas in the garden



### 2, HURDLES

Bunny hops over sticks or object's found at home / garden



### 4, STEP UPS

Go up and down on a step or low bench in your garden or use the bottom step of your stairs



### 3, SKIPPING

Try 10 skips & increase hopefully each time with practice

### 5, EXERCISE MATS

Use the carpet if you haven't got a matt do the plank challenge. Challenge yourselves 20 seconds then hopefully increase each time



### 6, STAR JUMPS

Side to side jumps in the garden or indoors

