

# STATION 1

Partner 1

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# Skipping

Partner 2

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# Tuck Jumps



 TUCK JUMP

# STATION 2

**Partner 1**

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**Medicine Ball Throw**

**Partner 2**

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**Stairs**

# STATION 3

Partner 1

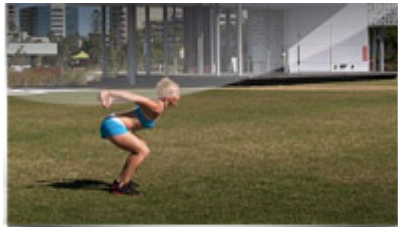
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## Ball Taps

Partner 2

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# Travelling Jump Squats



▶ TRAVELLING JUMP SQUAT

# STATION 4

Partner 1

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## Medicine Ball Foot Taps

Partner 2

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## High Knees

# STATION 5

Partner 1

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## Shuttle Runs

Partner 2

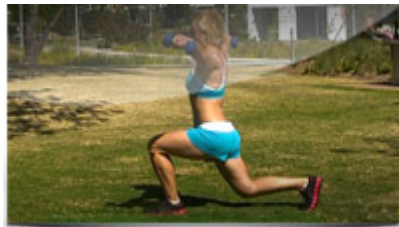
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## Hill or Stairs

# STATION 6

## Partner 1

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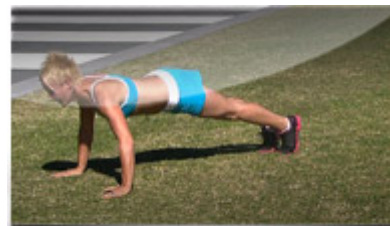
REVERSE LUNGE FLYS

# Alt Reverse Lunge Flys

## Partner 2

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# Clock Push Ups



CLOCK PUSH UPS

# STATION 7

## Partner 1

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# Dumbbell Russian



 D/BELL RUSSIAN TWIST

# Twists

## Partner 2

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# Dumbbell Lunge Kicks

# STATION 8

Partner 1

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## Bicycle Sit-Ups

Partner 2

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 BICYCLE SIT UP

## Runs with Touch Downs