

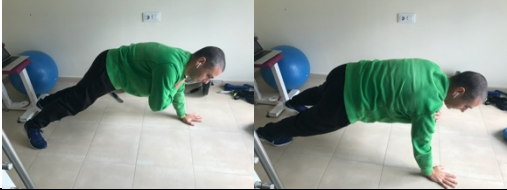








FROM 27th TO 30th OF MAY

Task:

- It is a circuit and the exercises must be done in order.
- You have to do each exercise for **45 seconds** and **rest 45 second** too.
- When you have done exercise 1, you must do the exercise 2, then it's time to exercise 3 and so on.
- When all the exercises are done, start again with exercise 1.
- You can rest between each lap **2 minutes**.
- You have to do the circuit **3 times**.
- You have to write down the number of repetitions you manage to do in the 45 seconds.

Name:			
Exercise	1 st lap	2 nd lap	3 rd lap
<p>1. Lie down and get up</p> 			
<p>2. Jump and rise legs</p> 			
<p>3. Plank and touch the shoulder with the opposite hand</p> 			
<p>4. Bridge, then up and down the hip</p> 			
<p>5. The bird</p> 			
<p>6. Squat</p> 			
<p>7. Push up with your knees on the floor</p> 			
<p>8. Skipping: rise your knees and touch with your hands</p> 