

EQUIPMENT NEEDED

Senior School Circuit Training

- Mats for Plank (10)
- Mats for Sit Ups (10)
- Basketballs (10)
- Netballs (10)
- Cones for Soccer Dribbling (15)
- Soccer Balls (10)
- Cones for Sprints (4)
- Skipping Ropes (10)
- Cones for Jumping (15)
- Tape for measuring Vertical Jump