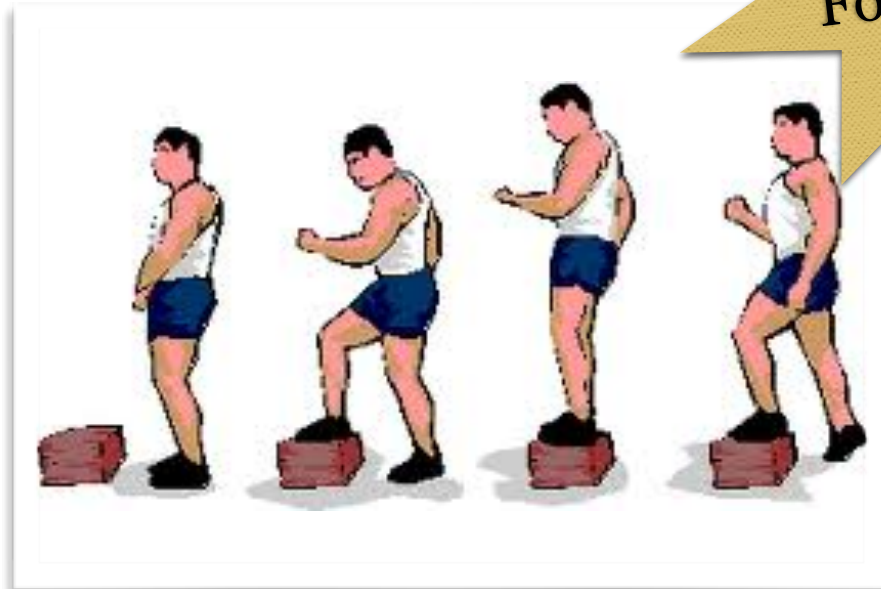


STATION FOURTEEN

Senior School Circuit Training

Fourteen



Fast Feet Step Ups

*Stand tall and look straight ahead.
Step up onto step and then back down onto
ground for ONE step up.*

*How many can you do before the whistle
sounds?*

