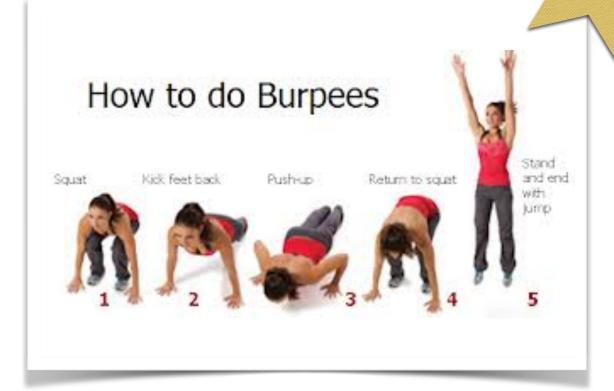
STATION THREE

Senior School Circuit Training

Three



Burpees

Stand upright with arms to sides.

- 1. Bend over and squat down.
- 2. Place hands on ground and kick legs back. Land on feet with body in plank position.
- 3. Pull legs forward under body returning feet to original position.
 4.Stand up.

How many can you do before the whistle sounds?

