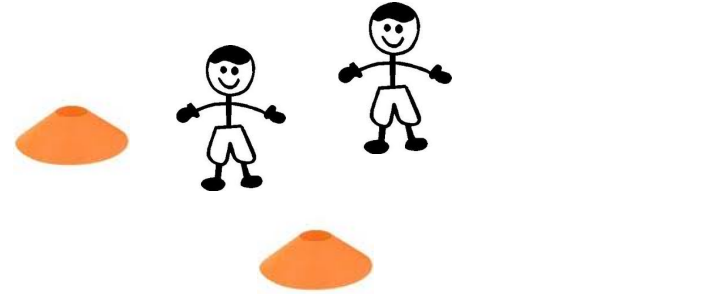


Workouts

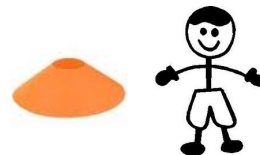
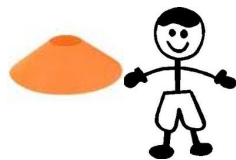
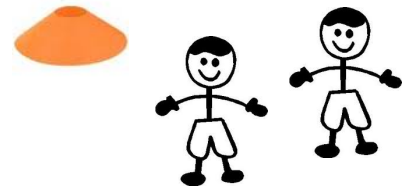
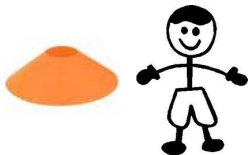
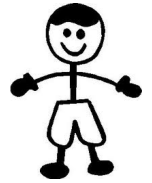


Watch Video For Detailed Explanations:

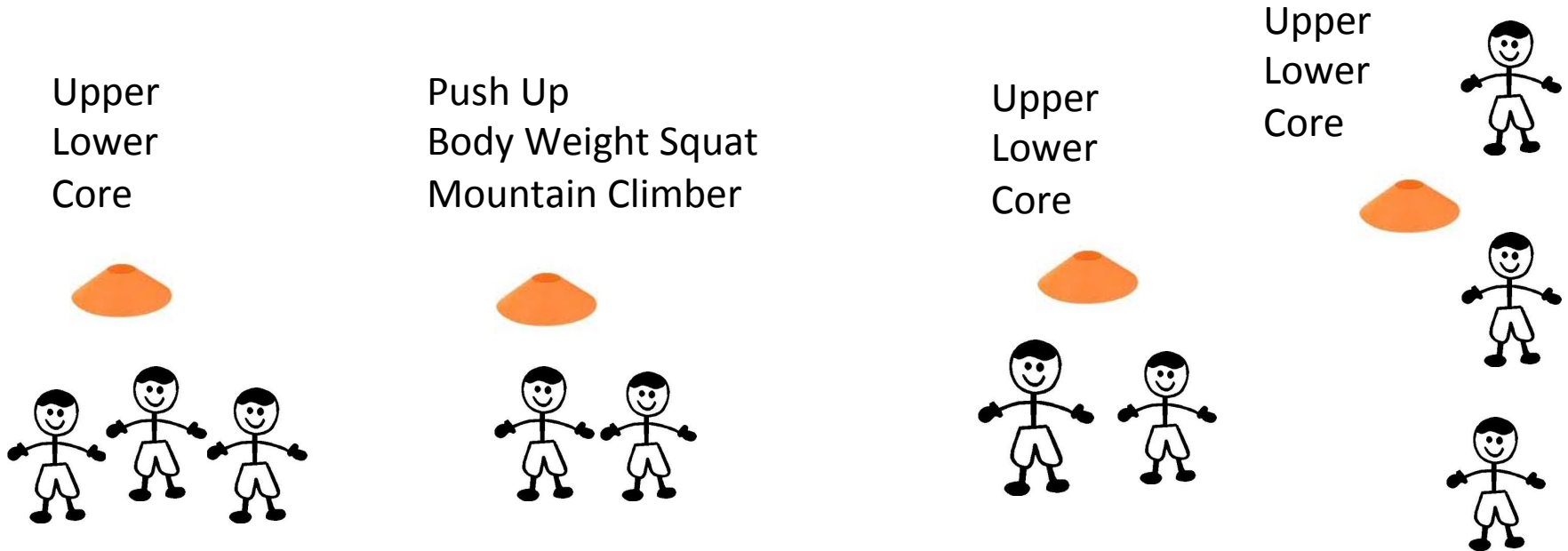
Circuit Workouts



Max 10 Circuits
Individuals – pairs- groups



4x3 Circuits



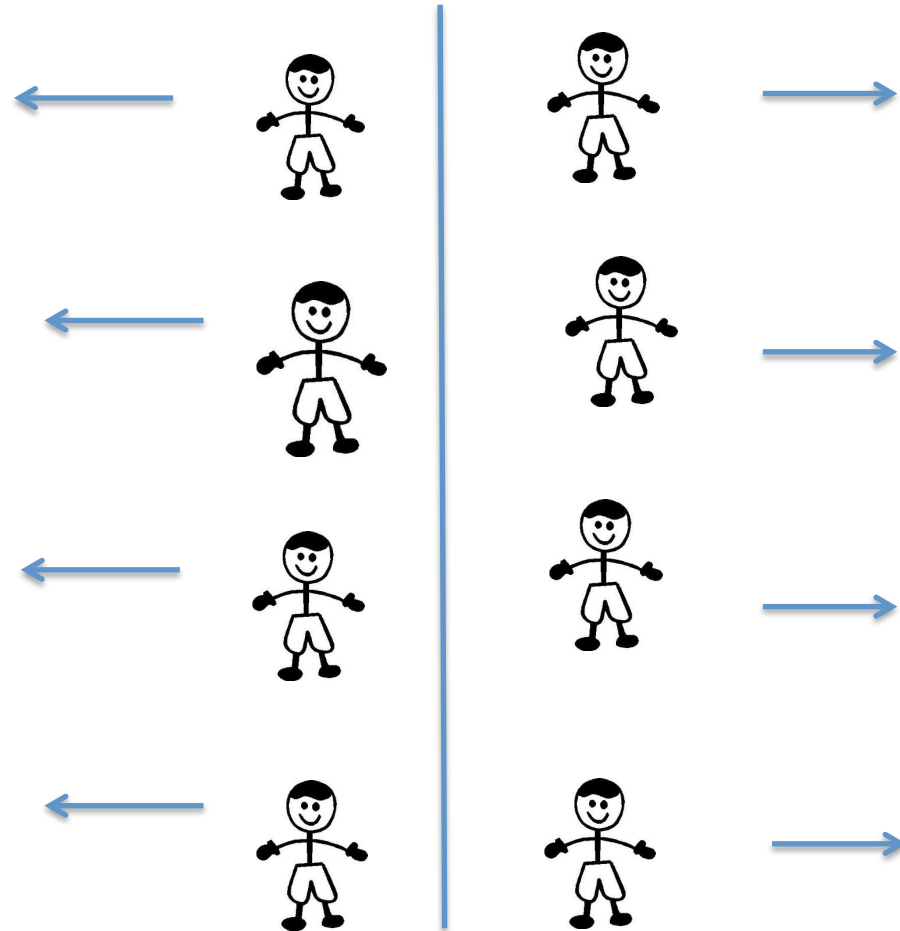
4 cones are set up with 3 different exercises.

Complete 30-45 sec of each exercise – each person must complete each tri set before moving on to the next cone.

Allow 60-90 sec rest between each cone.

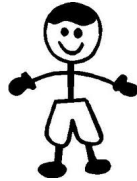
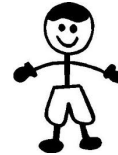
Active rests = in between each cone, you must jog on the spot as your rest

Partners/ Doctors Nurses



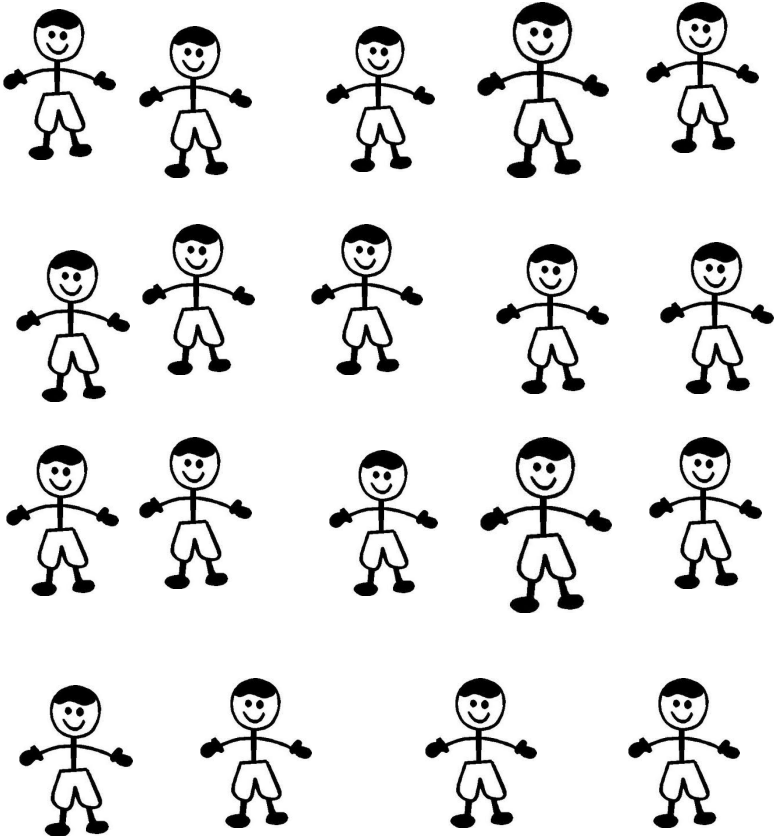
Partner Drills

Copy Your Partner



Group Game/ Simon Says

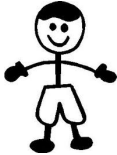
Simon Says



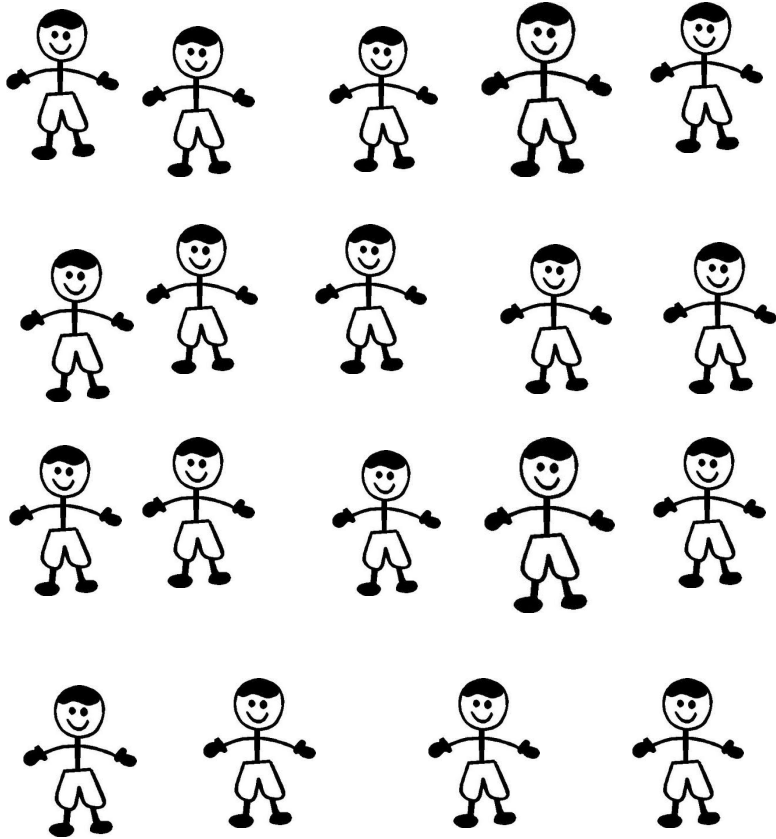
Penalty box

- Star Jumps
- Burpees
- Prone Holds
- Run

Simon???



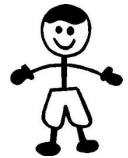
Instructor Workouts



In these type of workouts the members copy the instructor.

You can use the named circuit workouts we have provided in this instance.

Instructor



Group Cardio Drills

Cone Pick up

The instructor will yell out different exercises through the allotted time

3 minutes to collect the most cones

Actionable exercises.

Lunges

Crawls

Skips

Jumps

FREEZE

