

Description

Social distancing Physical circuit training for small groups

Screen 1

Set up: 20 x 20 square (example of size) 4 boxes with 2 players in each.

Sequence: Players do 3 sets before moving clock wise to the next station.

second player starts when the first player is jogging to the corner so as to maintain social distancing requirements.

45 seconds rest between starting a new station.

Box 1 players jump the hurdles then jog to the corner 3 star jumps

Box 2 Players run in and out of the poles then jog to the corner 3 burpees

Box 3 Players do agility runs through the ladders then jog to the corner 3 push ups

Box 4 players do shuttles through the cones then jog to the corner 3 sit ups

In all the players should be working hard for 15 minutes.

