| **Fitness schedule** 12 stations total | **Aerobic  (3 stations)** | **Legs (3 stations)** | **Arms (3 stations)** | **Core (3 stations)** |
| --- | --- | --- | --- | --- |
| **Week 4** | Suicide sprints  - 3/6/10m  5 sec jog - 5 high knees  + 5 karate chop  5 stretched jumps + little feet back | 2 Kicks front,  side & back  (both legs)  lunges with water bottles  - Sky to floor   side jumps  – 1’s 2’s, 3’s, 4’s,   then down | Boxing 20, 5 toes  Side lifts  (ground to sky) – then rainbow  2 push-ups,  2 elbows down | 5 Burpees  + 5 hand walk outs  5 sec Plank,  4 leg lifts each,  4 leg climbs each  4 Sit-ups to toes, 10 secs pulsing sit-ups with toes up |