| **Fitness schedule**12 stations total | **Aerobic (3 stations)** | **Legs (3 stations)** | **Arms (3 stations)** | **Core (3 stations)** |
| --- | --- | --- | --- | --- |
| **Week 4** | Suicide sprints - 3/6/10m5 sec jog - 5 high knees + 5 karate chop5 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 toesSide lifts (ground to sky) – then rainbow2 push-ups, 2 elbows down | 5 Burpees + 5 hand walk outs5 sec Plank, 4 leg lifts each, 4 leg climbs each4 Sit-ups to toes, 10 secs pulsing sit-ups with toes up |