

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