| **Fitness schedule** | **Aerobic, Legs, Arms  & Core BLENDED** | | | |
| --- | --- | --- | --- | --- |
| **Week 5** | ladder steps | boxing bag set | tire roll | step climb |
| fill bottles into bucket | side jumps onto pancakes | Jogging, high knees, karate kicks, ankle taps combo | volleyball under and over (in 3’s?), |
| skipping | Suicide run (1 set) Body line jumps | CORE = burpies, pushups, situps (flexi) | Waterbottle boxing in two lines |