

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