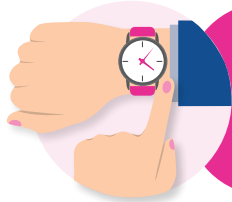


Session 5

TIME: For time
EQUIPMENT: Stopwatch
TYPE: Cardio and Core
SAFETY: Complete a warm-up and cool-down with each session



Time how long it takes you to all of the exercises below.



Watch each of the clips if you are unsure of the exercise.

EXERCISES

Complete the following for time:

- 400m Run 40 Flutter Kicks 400m Run

 20 Plank Shoulder Taps 400m Run 30 Mountain Climbers

 400m Run 10 Plank Up-Downs **TIME:** _____

** Click here to fill in your time* 