

“Smooth seas do not make skilful sailors!”

Wednesday - Energy system day

Repeat each exercise 5 times through for time

1. Star Jumps/Jumping Jacks

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

Complete for 45 seconds

2. Sprinting on the spot

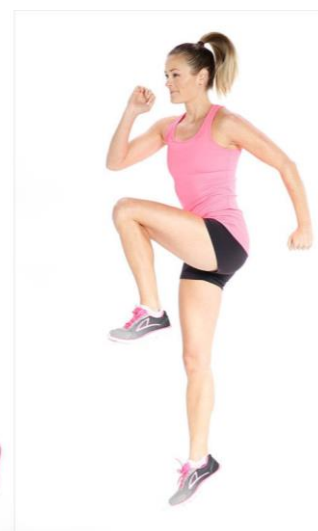
<https://www.youtube.com/watch?v=O7Kyyws7gEI>

Complete for 45 seconds

3. Reverse Lunge and Hop

<https://www.youtube.com/watch?v=k8qPGcnlwSM>

20 times on each leg



4. Burpess

<https://www.youtube.com/watch?v=dZgVxmf6jkA>

Complete for 45 seconds

