

Family Fitness Circuit

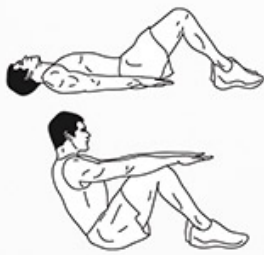
This family fitness circuit can be done either indoors or out in the garden.

Start by doing a 5 - 10 minute warm up involving mixed movement, stretches and mobility exercises.

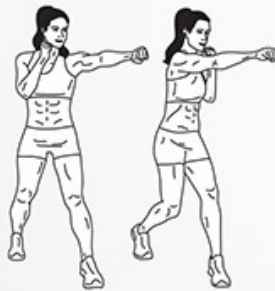
For the main circuit below perform each exercise for 30 seconds then have a 30 second rest before moving on. Complete the circuit three times with a one minute break in between each circuit.



DERBY COUNTY
Community Trust
That Derby Pride



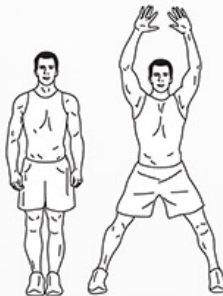
1. Sit Ups



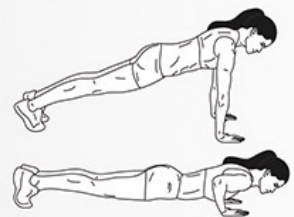
2. Push Ups



3. Squats



5. Star Jumps



4. Push Ups

Challenge:

Next time can you do each station for 1 minute with 30 seconds rest and repeat three times?