

## Cross Country Circuit

- Stations are ordered: easy, medium, hard
- 90 seconds rest after stations 3, 6, & 8
- 3 minute rest after station 9
- 100m stride after each station
- 400m cross country effort following 3 min rest
- Walk back to start after 400m

1. 360 Planks (f/s/b/s) – 30 seconds each
2. A Skips (20 meters there and back)
3. Rocket or squat jumps (10-15)
4. **90 seconds rest to start:** hip twists or speed skaters
5. Mountain climbers (30 seconds)
6. Shuttle run (10/10/10)
7. **90 seconds rest to start:** jumping jacks or hurdle over under
8. high knee butt kicks (30 seconds)
9. **90 seconds rest to start:** Burpees (10-15)