



REDS INTHE COMMUNITY

SHADOW SCHOLARSHIP BOXERCISE CIRCUIT WEDNESDAY 1ST APRIL 2020

50 high knees  after each exercise

Circuit is to be completed 3 times with 50 high knees between each exercise.

Once finished each player is allowed 2 minutes rest before starting circuit again.

Start

Jabs
50 reps



Squats
50 reps



Press ups
30 reps



Max effort

Finish

Shoulder taps
100 reps

