



REDS IN THE COMMUNITY

SHADOW SCHOLARSHIP CORE STRENGTH CIRCUIT MONDAY 30TH MARCH 2020

Start

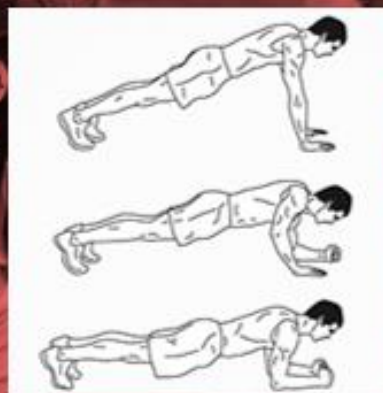
Flutter kicks
40 reps



Heel taps
40 reps



Up down plank
40 reps

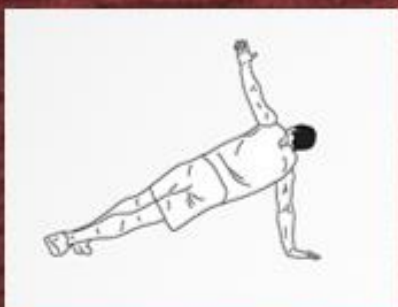


Circuit is to be completed 3 times with 45 second rest between each exercise.

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

Finish

Right side plank
40 reps



Left side plank
40 reps



Spidermans
40 reps



Max effort