



# REDS IN THE COMMUNITY

## SHADOW SCHOLARSHIP LOWER BODY CIRCUIT THURSDAY 2ND APRIL 2020

Start

Lunge jumps  
1 min 30 secs



Calf raises  
1 min 30 secs



Squat jumps  
1 min 30 secs



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.