



REDS IN THE COMMUNITY

SHADOW SCHOLARSHIP

UPPER BODY CIRCUIT

TUESDAY 31ST MARCH 2020

Start

Shoulder taps
40 reps



Press up shoulder taps
20 reps

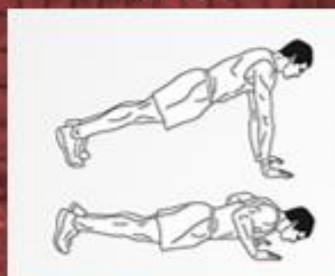


Press ups
20 reps



Finish

Shoulder taps
40 reps



Press up shoulder taps
20 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.

Max effort