

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **JUST JUMPS**

**(20 Seconds)**

Health-Related Fitness  
**AEROBIC CAPACITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **HALF JACKS**

**(20 Seconds)**

Health-Related Fitness  
**AEROBIC CAPACITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SEAL JACKS**

**(20 Seconds)**

Health-Related Fitness  
**AEROBIC CAPACITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **MARCH JACKS**

**(20 Seconds)**

Health-Related Fitness  
**AEROBIC CAPACITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **GET UPS**

**(20 Seconds)**

Health-Related Fitness  
**FLEXIBILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **PLANK STEP OUTS** **(20 Seconds)**

Health-Related Fitness  
**FLEXIBILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **FLY STEPS**

**(20 Seconds)**

Health-Related Fitness  
**FLEXIBILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SIDE LEG RAISES**

**(20 Seconds)**

Health-Related Fitness  
**FLEXIBILITY**



# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SCISSOR ARMS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR ENDURANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **PLANK JACKS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR ENDURANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **UP & DOWN PLANKS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR ENDURANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **CLIMBERS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR ENDURANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **PUSH-UPS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR STRENGTH**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SQUATS**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR STRENGTH**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **LUNGES**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR STRENGTH**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **BURPEES**

**(20 Seconds)**

Health-Related Fitness  
**MUSCULAR STRENGTH**



**BELIEVE IN YOU**  
**FITNESS CIRCUIT CARDS**

**T-JUMPS**  
**FRONT-TO-BACK**

**(20 Seconds)**

Skill-Related Fitness  
**AGILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **T-JUMPS** **SIDE-TO-SIDE**

**(20 Seconds)**

Skill-Related Fitness  
**AGILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **T-JUMPS** **4 SQUARES** **(20 Seconds)**

Skill-Related Fitness  
**AGILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **T-JUMPS** **STEPOVERS**

**(20 Seconds)**

Skill-Related Fitness  
**AGILITY**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **CHAIR POSE**

**(20 Seconds)**

Skill-Related Fitness  
**BALANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **TREE POSE**

**(20 Seconds)**

Skill-Related Fitness  
**BALANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **WARRIOR POSE**

**(20 Seconds)**

Skill-Related Fitness  
**BALANCE**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **MOUNTAIN POSE**

**(20 Seconds)**

Skill-Related Fitness  
**BALANCE**



# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **JUGGLE TOSS**

**(20 Seconds)**

Skill-Related Fitness  
**COORDINATION**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **CROSS JACKS**

**(20 Seconds)**

Skill-Related Fitness  
**COORDINATION**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SCISSOR JUMPS**

**(20 Seconds)**

Skill-Related Fitness  
**COORDINATION**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **WALL TOSS**

**(20 Seconds)**

Skill-Related Fitness  
**COORDINATION**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **JUMP KNEE-TUCKS**

**(20 Seconds)**

Skill-Related Fitness  
**POWER**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **HOP HEEL CLICKS**

**(20 Seconds)**

Skill-Related Fitness  
**POWER**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **HIGH SQUATS**

**(20 Seconds)**

Skill-Related Fitness  
**POWER**

# **BELIEVE IN YOU** **FITNESS CIRCUIT CARDS**

## **SPRINTER LUNGES**

**(20 Seconds)**

Skill-Related Fitness  
**POWER**