

# ***GET MOVING*** **Circuit Cards**

**STATION 1:  
JUMP STATION**

**Squat and then  
jump to the sky.**

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[OPENPHYSED.ORG](http://OPENPHYSED.ORG)

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**STATION 2:  
MOVE STATION**

**Jog in place  
with high knees.**



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**STATION 3:  
STRETCH STATION**

**Do forward  
lunges.**

