

Start

10 alternating
lunges on the
spot

5 sit ups

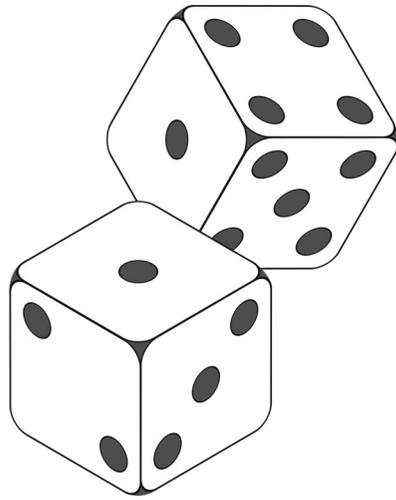
20 Heel
Kicks

Choose a
fitness move
for all players
to complete
together

5 jumping air
squats

Plank hold for
maximum time

60 second heel
balance



Connection

Reverse bear crawl
5 metres

Gorilla walk around
the room

10 tuck jumps

20 seconds of fast
mountain climbers

20 jumps on the spot

Talk about
something
you are
looking
forward too

20 second arch
hold

30 Star Jumps

10 Front raises
with cans of
beans

Tell the
group your
favourite
hobby and
why

60 second
tiptoe balance

Talk about
your
favourite
thing to
happen this
week