

# running circuits

## 1100m FITNESS CIRCUIT

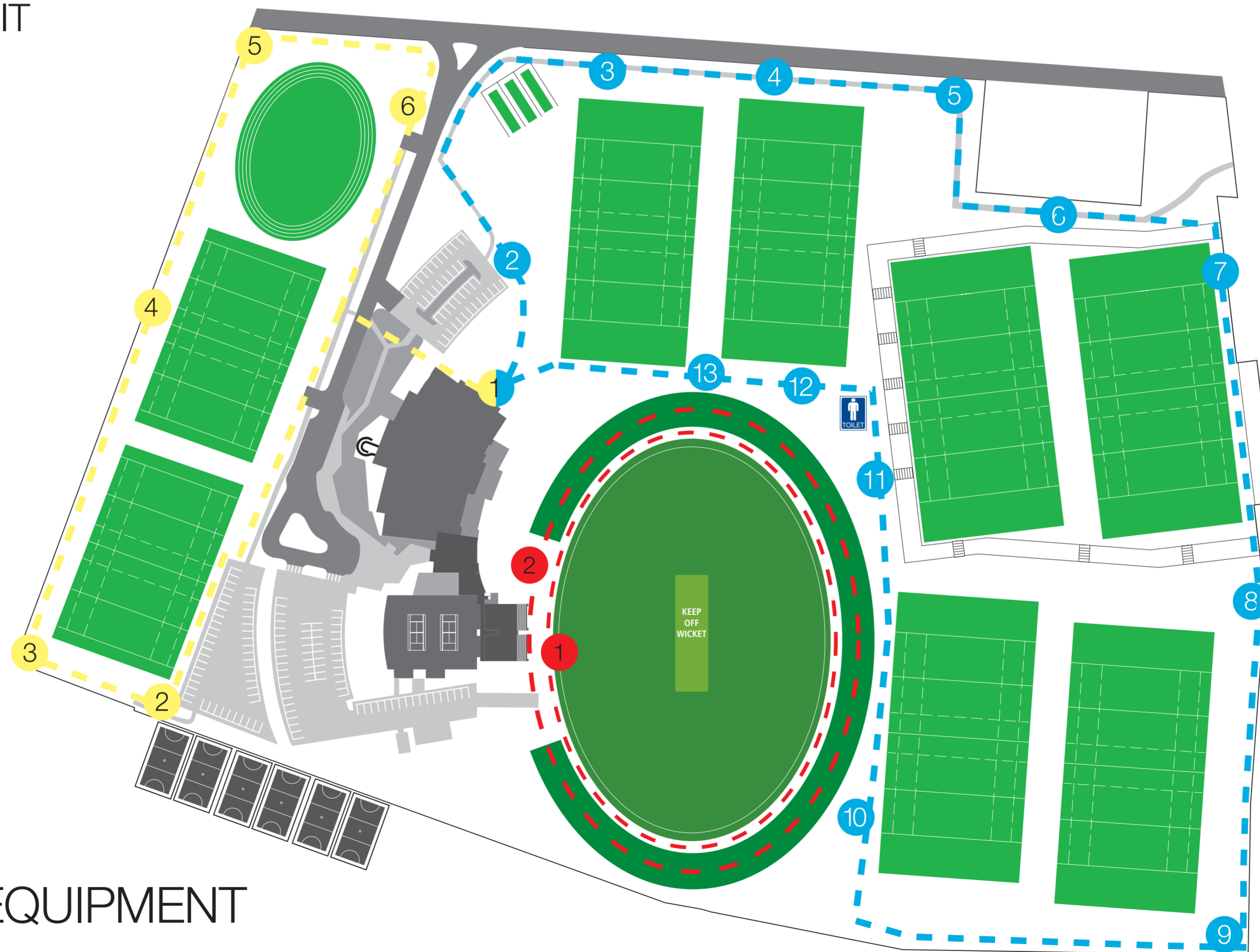
- 1 WARM UP / COOL DOWN
  - 2 LUNGES
  - 3 PRESS UPS
  - 4 BURPEES
  - 5 400m TRACK RUN
  - 6 SQUATS
- NB Advanced Options Given

## Oval Run

- 1 450m CRICKET BOUNDARY
- 2 550m AROUND TOP OF OVAL

## CAUTION! OUTDOOR GYM EQUIPMENT

This is not play equipment.  
 Only exercise to your comfortable fitness and ability level.  
 Stop exercising if you feel pain, faint, dizzy or short of breath.



## 1500m SUPER CIRCUIT

- 1 WARM UP/COOL DOWN
- 2 INCLINE PRESS UP / DIPS
- 3 LATERAL PULL DOWN
- 4 ABDOMINAL CURLS
- 5 CROSS TRAINER
- 6 HILL SPRINTS
- 7 PULL UP RACK
- 8 CHEST PRESS
- 9 DIPS
- 10 STEP UPS / LUNGES
- 11 STAIR REPEATS
- 12 250m FIELD SPRINT
- 13 CHIN UP / HANGING KNEE RAISE