



WORKOUT CIRCUIT

Participants

Any number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

High

Materials

No materials required

Method

▪ Have youth do the following in-place for 1 minute each:

- Jog in place
- High knees
- Jumping jacks
- Hop on one foot
- Hop on the other foot
- Jump on both feet