

10 Station Orbital

Set out a large circle of 10 cones

Each cone will be labelled with an exercise

Participants must RUN a full circle, perform the exercise, then run a full circle PLUS one cone to the next exercise

WARM UP

Perform each exercise 25,35 or 50 times before moving on

Wide Arm PressUp

Half Crunch

Rear Lunge (25/25)

Shoulder tap (L/R = 1)

Leg Scissors

Jump Squats

Offset Pressup (25/25)

Side Hip Raise (25/25)

Piston Squats

Plank Jack

Finish with a 500 metre **RUN**

COOLDOWN

And that's it - BUT it's not as easy as it sounds