**CARDIO/CORE CIRCUIT**

COMPLETE THE CIRCUIT AND REPEAT **3** TIMES

* Dribble lines 10 burpees or 10 tuck jumps at each line \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* Partner plank war with basketballs \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 20 Bball situps – pass ball from hands to feet in the air, slowly lower arms and legs, repeat \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 100 high knees \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 80 skates\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 60 wacky jacks \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 40 long jumps \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 20 pushup to plank \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 10 ball burpees \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* Hold plank 1 minute \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_

**CARDIO/CORE CIRCUIT**

COMPLETE THE CIRCUIT AND REPEAT **3** TIMES

* Dribble lines 10 burpees or 10 tuck jumps at each line \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* Partner plank war with basketballs \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 20 Bball situps – pass ball from hands to feet in the air, slowly lower arms and legs, repeat \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 100 high knees \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 80 skates\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 60 wacky jacks \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 40 long jumps \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 20 pushup to plank \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* 10 ball burpees \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_
* Hold plank 1 minute \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_