

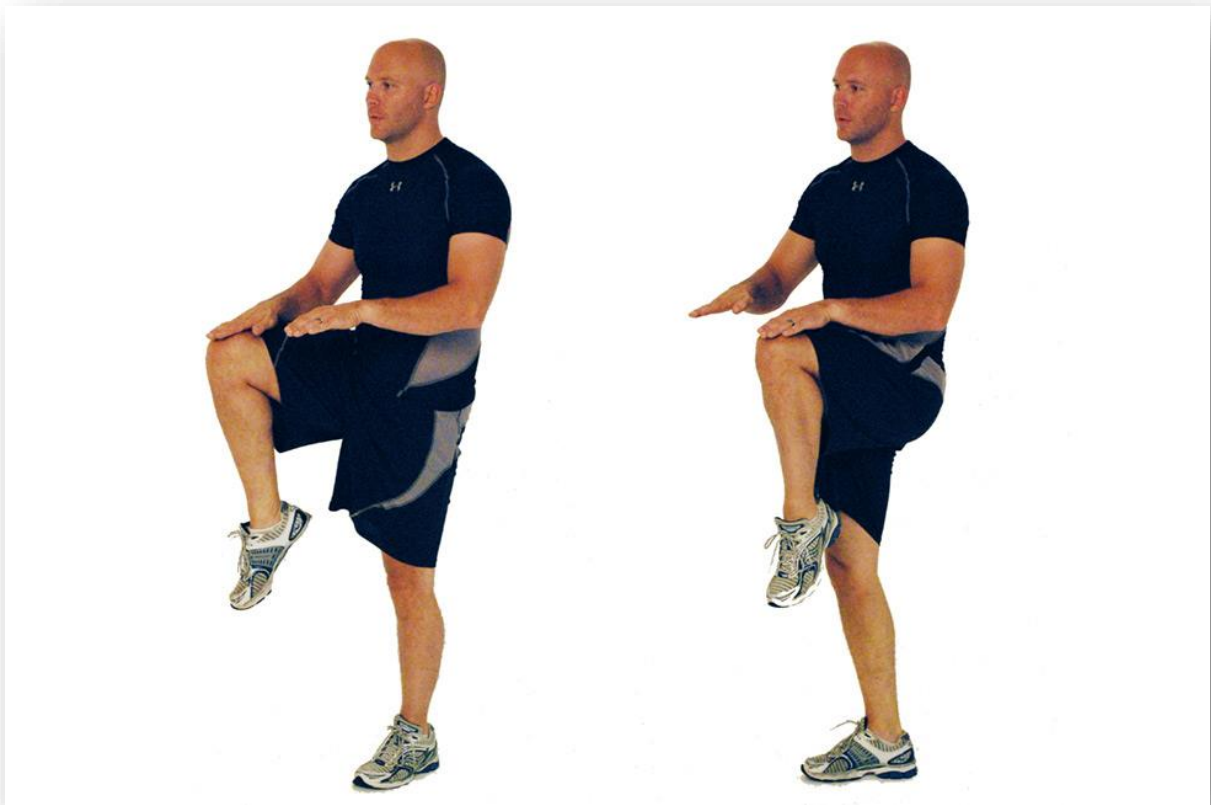
# SAMPLE PRINTABLE FITNESS CIRCUIT

If there are 8 players in the group, choose 8 of the exercises below. Try to alternate upper body with lower body exercises. Rotate players clockwise after 1 minute. Players rest for 1 minute in between circuits. Repeat the circuit three times.

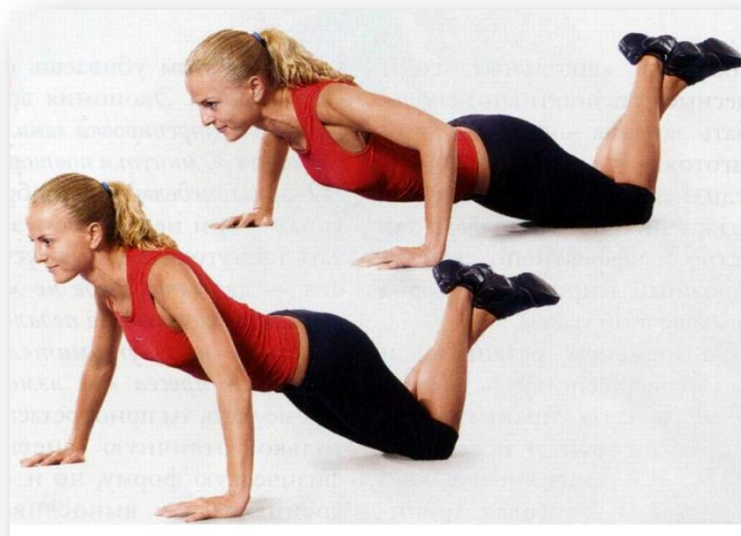
## JUMPING JACKS



# HIGH KNEES



# PRESS UPS



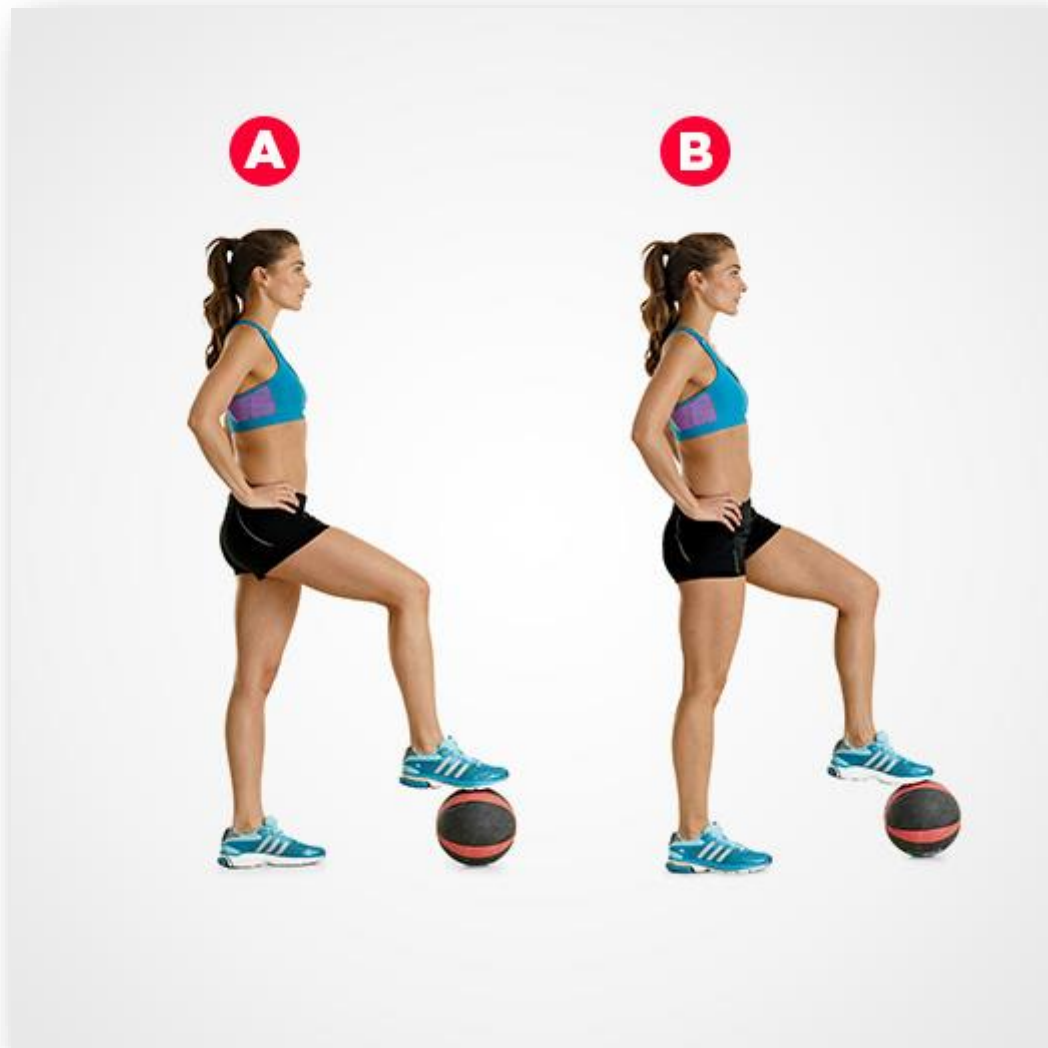
# ELBOW PLANK



# SQUATS



# BALL TAPS



# HEEL RAISERS

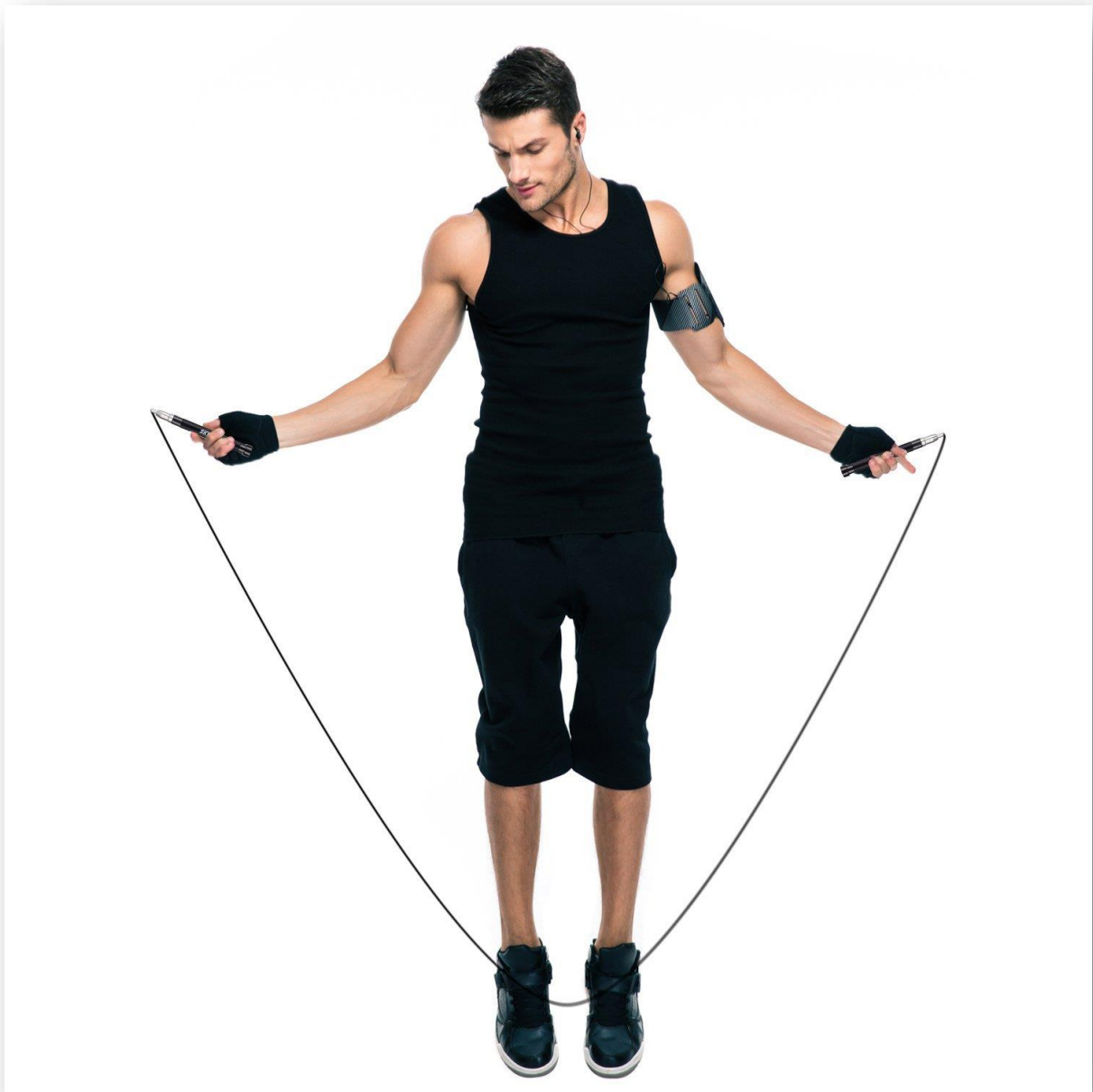


# LUNGES

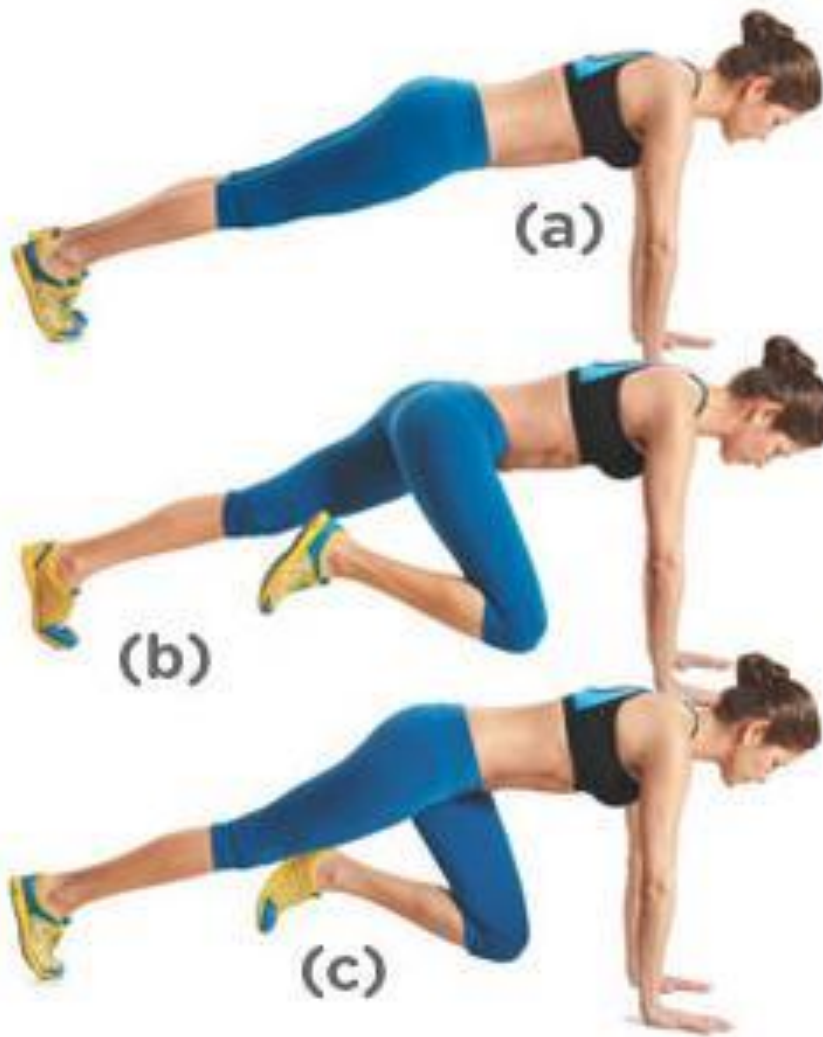




# SKIPPING



# MOUNTAIN CLIMBERS



PHOTOGRAPH BY BETH BISCHOFF

# TRICEP DIPS



# BICEP CURLS



# SHOULDER PRESS



# PULL APARTS



# PUNCHES



\*Disclaimer. This is just a guide. Trainers and players do so at their own risk.