

FITNESS SESSION #9

10 MINUTE MADNESS!

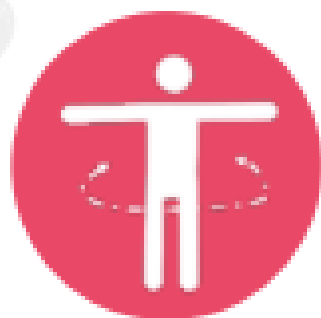
Set a timer for 10 minutes. Repeat the circuit until the time is up. Keep track of your rounds using markers or pen and paper.



**10 jumps
on the spot**



10 sit and stand



10 torso twists



10 side kicks



10 air punches



Run 20 metres