

Skipping Circuit

	<u>Exercise</u>	<u>Distance</u>	<u>Rest</u>
2x	Forward skipping w/big arm swings	10m	30s
1x	Sideways skipping w/big arm swings	10m	30s
1x	Other Sideways skipping w/big arm swings	10m	30s
2x	Backwards skipping w/big arm swings	10m	30s
2x	Power skips	10m	30s