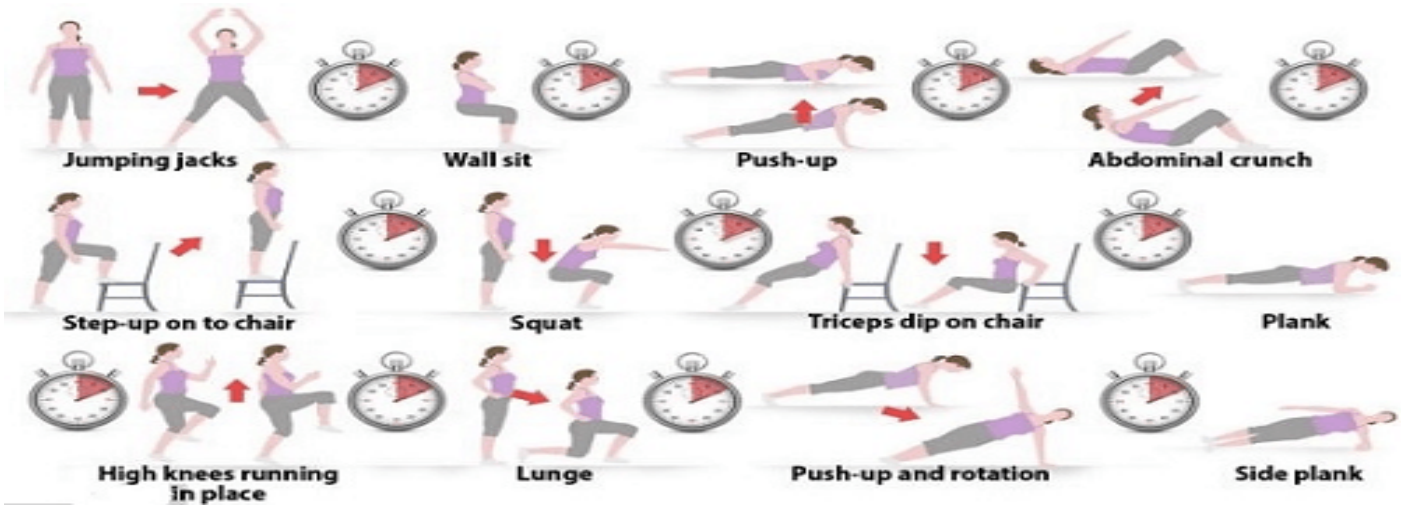




# 20 / 21 FITNESS CHALLENGE

## 20 / 21 CHALLENGE : EXAMPLES

### CIRCUIT TRAINING



### YOGA



**JOGGING**

**WALKING**

**CYCLING**

**HIT WORK OUTS**

**SPORT RELATED TRAINING**

**SKIPPING**

**JACK WICKS / WI SPORT**