**Fitness Friday – Cardio Circuit**

First pick 4 different exercises. What will your exercises be?

Here are some ideas: jumping jacks, squats, hop on one foot, push ups, burpees, dip your bottom in the pool (tricep dips) or something else.

Find a space where you can do the exercises safely. How many of each exercise will you do? We usually pick 10 of each exercise on fitness Friday but for some exercises like burpees, maybe 5 is enough.

Warm up: start by doing high knees on the spot and then bottom kicks on the spot. Stretch out your arms and legs.

Fitness circuit: Try to do your circuit for five minutes.

Stop, take a rest, get some water, feel your heart beating, notice your breath. It is a warm day, are you sweating?

Try to do the fitness circuit for another 5 minutes.

Stop, now it is time to cool down. Lie down on the floor on your back in the star position. Pay attention to your heart and your breathing. Are they getting back to normal?

Great work!