

CAMPS AT HOME

Fitness Circuit

Materials:

- Music - Check out our [Camp playlist on Spotify!](#)
- Materials you have at home

Steps:

Fitness circuits are a fun way to get our body moving and try different exercises in short bursts. This fitness circuit is going to have 8 stations which are 45 secs each. The campers will rotate until they have been to every station.

Station 1: Jumping jacks! The campers will do their best to complete as many jumping jacks as they can in 45sec.

Station 2: Crunches! Campers are going to lay down and work their abs with doing crunches for 45 secs.

Station 3: Burpees! Campers are going to jump as high as they can then transition into a push up like position, then tuck their feet in and jump back up.

Station 4: Running! Campers are going to run on the spot for 45 secs.

Station 5: Break! Campers are going to take a quick break to rest their bodies at this station.

Station 6: Bear Crawl! Campers will have an additional line set up where they will bear crawl there and back within the 45 secs.

Station 7: High Knees! Campers will be moving quickly and doing high knees for 45secs.

Station 8: Dance! Campers are given the choice to break out their best dance moves for the last station!

Watch the video to get tips on how to do each exercise!