

"Beat the Bleep"

Warm Up:

10 Minutes

Walking/Side Stepping/Heel Flicks/Jogging/Running

Stretch (All Major Body Parts)

Exercise Session:

Circuits – 10/12 Minutes

Push Ups

Squats

Push Ups

Lunges

Push Ups

Jumping Jacks

Push Ups

Spot Jogging

(45 Seconds Work Time)

(30 Seconds Rest Time)

Sit Up Bleep Test – 10/15 Minutes

(Participants perform test in partners)

Multi Stage Bleep Test – 10/15 Minutes

(All participants perform test)

Cool Down: 5/10 Minutes

Pulse Lowerer

Stretch (All Major Body Parts)

EQUIPMENT CHECKLIST

Medicine Kit (x1)

Stop Watch (x1)

Circuit Cards (x6)

Bleep Test CD`s (x2)

CD Player