**Day 11 January 21, 2015**

**Cardio**

Walking/Running Circuit for 20 minutes.

Course

1. Start at room 301
2. Go to the 400 area and jump rope for 30 seconds.
3. Run around 300 pod.
4. Go to 6th grade stairs and run up/down.
5. Go to 7th grade stairs and run up/down.
6. Go to 500 area and run around the pod.
7. Go back to room 301.

Repeat as many times as you can within 20 minutes. DO NOT STOP!!!

If you completed this circuit today, record how many laps you were able to finish.

Set a goal to aim a little higher for the next time. We’ll be doing the same circuit again next week.