**Day 2 January 6, 2015**

**Cardio**

Walking/Running Circuit for 20 minutes.

Course

1. Start at weight room
2. Do 3 rounds on the
3. Go to cafeteria and jump rope for 30 seconds.
4. Go to 400 area stairs and run up/down.
5. Go to 6th grade stairs and run up/down.
6. Go to 7th grade stairs and run up/down.
7. Go to 500 area stairs and run up/down.
8. Go back to weight room.

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 for Thursday and aim a little higher. We’ll be doing the same circuit again.