Four Corners Warm-Up Circuit I

Objectives:
1. To prepare the body for further activity.
2. To elevate the heart rate to improve cardiorespiratory endurance.
3. To build muscular strength/endurance in the muscle groups used in the fitness measurements.
4. To practice and develop locomotor and gross motor skills.

Directions:
1. Explain and demonstrate stations.
2. Time 30-50 seconds and then rotate the students.

FOUR CORNERS WARM-UP CIRCUIT I

△ Squat Thrusts ▶ ▶ ▶ △ Crunches

△ Push-Ups ▶ ▶ ▶ △ Mountain Climbers

Stations:
1. Push-Ups
2. Squat Thrusts
3. Mountain Climbers
4. Crunches

Equipment:
- None