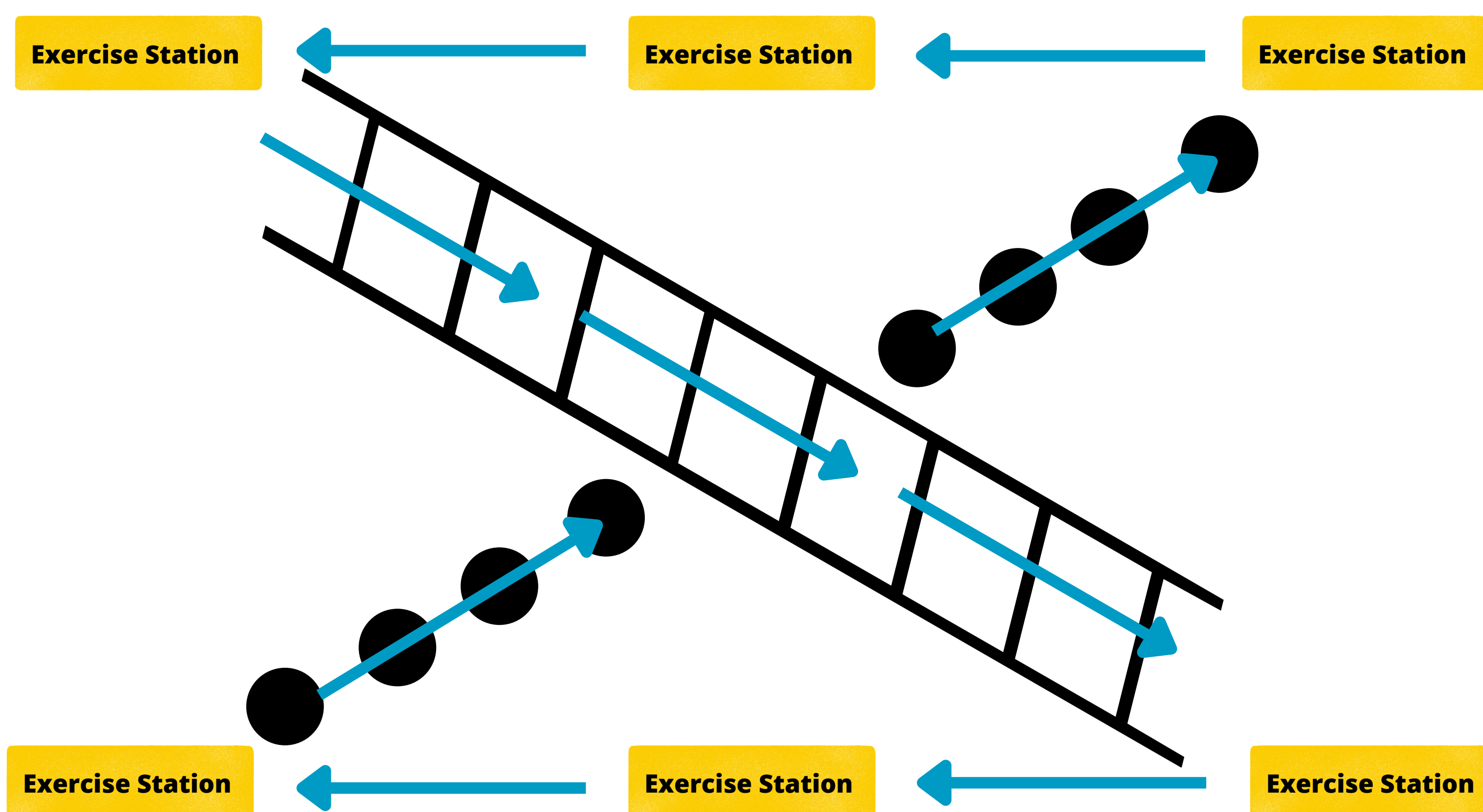




## Activity: X Circuit Fitness

**Directions:** Choose any six exercises (planks, lunges, push-ups, curls, jumping jacks, etc.) and have them displayed at each "station." Set up the "X" circuit using any kind of markers, such as an agility ladder, cones, or poly spots. Prior to starting, spread students out across the circuit (a few at each station and a few starting somewhere on the X). For two minutes, students run through the circuit, completing everything in the direction shown below. Go through as many times as possible in the two minutes. However, emphasize that proper form and technique is more important than speed. After the two minutes, take a quick break and then go again. Repeat as desired.



Want to switch it up? Change the time, change the exercises or have them run from station to station with different footwork patterns like side shuffles, grapevines, bear crawls, etc.

**Have questions? Email us: [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)**

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