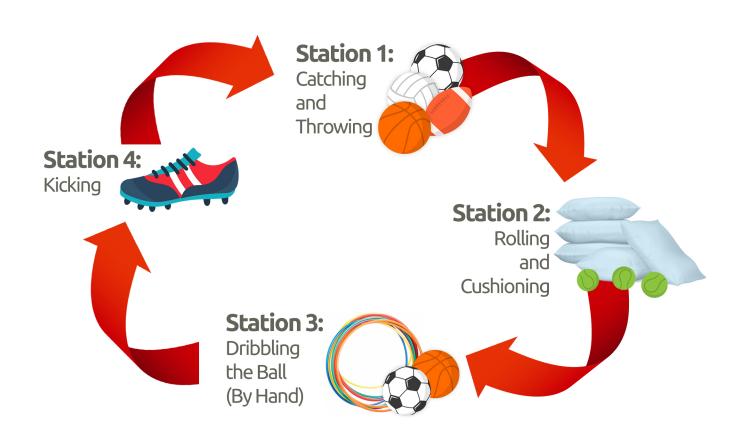
Young AthletesTogether At Home Circuit





Follow the videos for a demonstration of how to do all the activities

Equipment Needed:

- · Family Members
- · A Ball 👩
- · Hula Hoops
- · Teddies 🎇
- Cones ▲ ▲
- · Empty Buckets
- · A Stopwatch or Timer (*)

How to Complete the Young Athletes Circuit:

- · Start at Station 1.
- · Complete the activity for 30 seconds.
- · After 30 seconds, do one lap of the circuit. You can run or hop!
- \cdot Go to Station 2 and begin the activity.
- · Continue the above as many times as you like.
- · We recommend doing the circuit 3 times.

**Please note, this is *your* Young Athletes circuit.
If you would like to add in some different activities to the circuit please do**

