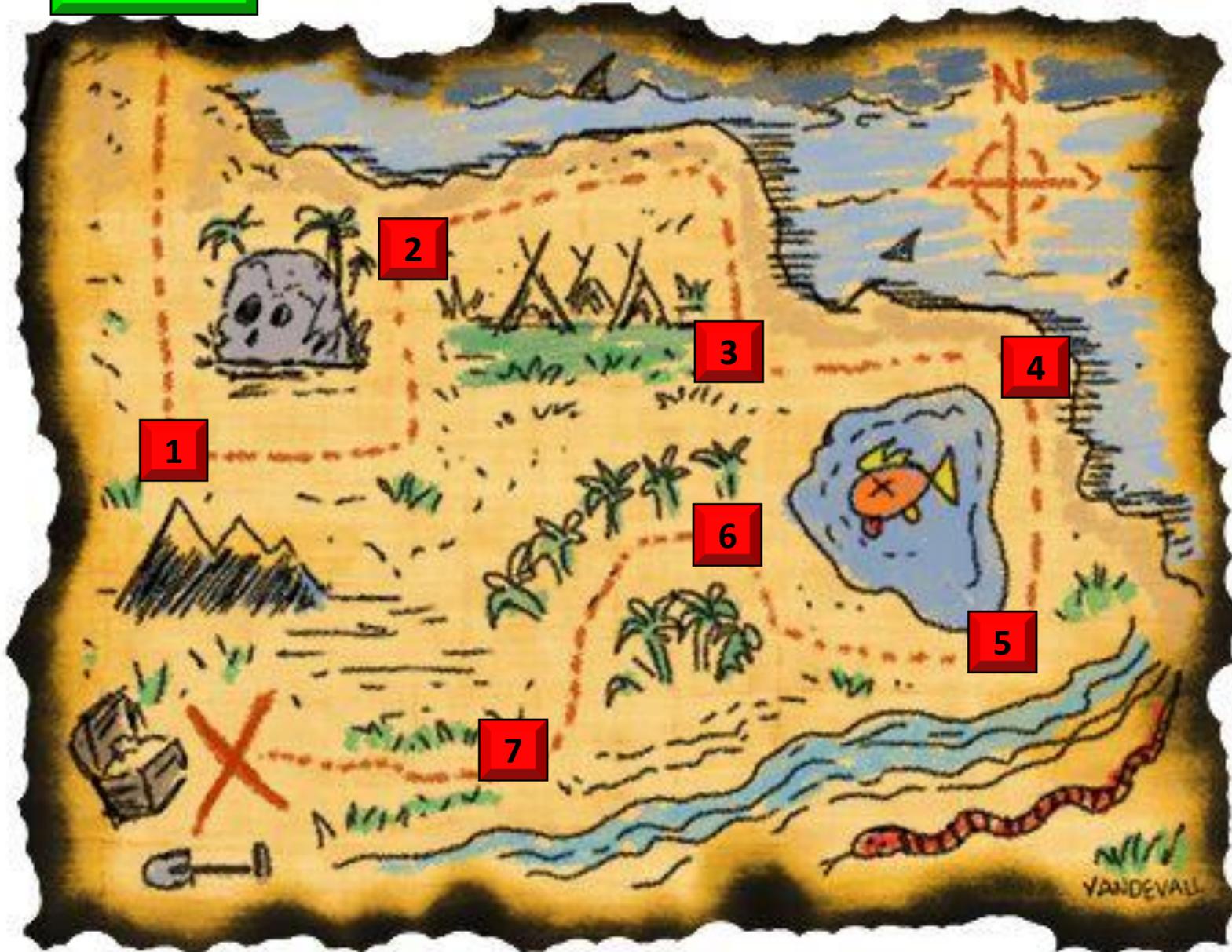


Start



Let's find the treasure!

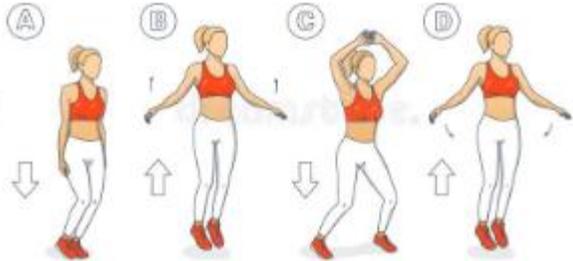


Ready? Lets go!

Start: warm up of your choice (2 - 3 minutes) a pirate dance, jumping jacks, high knees, anything you want!

TASKS: Between each exercise run on the spot for 30 seconds, or rest for 30 seconds (it is up to you)

Work for 30 seconds on each exercise (then run on the spot or rest for 30 seconds.) Keep repeating this and complete all the exercises until you find the **TREASURE!**

START	Start the circuit	Gentle warm up – jog on the spot until you begin to feel warmer, high knees, jumping jacks, heel flicks, 2 side steps, jumping, hopping.	
1	Squat (Harder – squat and jump)	Bend down as if hiding behind the big rock and peep up to look over it. Squat up and down. (30 seconds of work)	
<p>30 seconds rest.</p> <p>30 seconds running on the spot (harder- high knees) to get to our second point.</p>			
2	Crawl (Harder – mountain climbers)	Creep past the tents on your hands and feet, try to stay down for 30 seconds (crawl forwards and backwards for 2 -3 steps.) (30 seconds of work)	
<p>Take 30 second rest and have a drink if you need it.</p>			
3	Jumping jacks (Harder –faster pace)	Is that your ship you see in the distance out to sea? 30 seconds of jumpin’ jacks on the spot to try to get their attention. (30 seconds of work) Have another 30 second rest to get your energy back.	

4	Compass (Harder – hold weights/cans)	<p>Are we lost? Let's check the compass!</p> <p>Stand up, put your hands together and twist the upper body (depending on ability, 20 x twists, rest and repeat. (30 seconds of work)</p>	
<p>30 seconds rest.</p> <p>30 seconds running on the spot (harder- high knees) to get to our next point.</p>			
5	Swim through the stream to get to the next clue.	<p>Lie on your front with your arms and legs spread out long. Move your arms and legs up and down; kicking your legs and lifting your arms up and down (not too high) and try not to arch your back. (30 seconds of work)</p>	
<p>30 seconds rest.</p> <p>30 seconds running on the spot (harder- high knees) to get to our next point.</p>			
6	Climb the trees (Harder – bring knees up higher and work faster.)	<p>Now it might take you 30 seconds, but if you manage to climb the tree (imagine you are running on the spot and reaching up and down with your arms) you might be able to spot the treasure – don't give up you are so close now! (30 seconds of work)</p>	

30 seconds rest.
30 seconds running on the spot (harder- high knees) to get to our next point.

7

Cutlass
sweeps
(Harder - move
faster and big
actions)

Use your cutlass to cut through the long grass.
Take 2 steps left, swing the cutlass to chop through the long
grass, take 2 steps right and swing the cutlass, repeat.



REST and recover.

Finish

You have finished
your workout,
well done.

Congratulations.
You have
found the treasure!

