



- Set up a series of exercise stations. Some examples are jumping jacks, burpees, planks, high knees, and butt kicks.
- Have participants rotate among stations, doing a set of repetitions or performing the exercise for a designated length of time. They should focus on good form at each station.
- Participants can either complete the entire course or just certain stations.
- To increase difficulty, add more stations or require more repetitions at each station.
- To increase aerobic component, include a running component between stations.