

Camp Olave Girl Guide Campsite - Amy Leigh Fitness Circuit

Important: For children to use the circuit, **an adult must be present to supervise. User group size is three or more.**

Check the equipment prior to use, and only use if equipment is not slippery. This is an outdoor circuit. The equipment can be slippery due to weather conditions (such as, heavy rain, snow, or ice).

Note: If you notice damaged or poorly functioning equipment, please add it to your cabin site report.

Station	Activity	Action	Repetitions
Track	Warm-up	Run, jog or walk the circuit before stopping at the stations. Tip: Each person should determine if they will run, jog or walk. This is a personal preference.	2 times
1	Hurdle	Run up to the hurdle, and jump across it, leading with your main leg. Repeat for each hurdle.	1 set
2	Balance beam	Walk across the balance beam. Tip: Extend arms out from your sides, and slowly walk across the beam, placing one foot in front of the other.	1 time across
3	Sit-up	Position: Sit on the bench and place your feet under the smaller wooden bar. Place your arms across your chest, lean back and use your feet, legs and stomach muscles to pull yourself into a sitting position . This completes a full sit-up. Repeat.	5 times
4	Monkey bars	Stand on the ladder, grab an overhead rung with your hands, swing your feet free of the ladder, and use your body motion to support you moving your hands from one rung to the next . Move from one end to the other.	1 time across
5	Step stairs	Step-up and step-down . This completes one set.	5 times
6	Swing balance beam	Walk across the beam slowly, placing one foot in front of the other and hang onto the rails as you walk across. One person at a time.	1 time across
7	Parallel bars	Place your hands on top of the bars, and straighten your elbows so that your legs swing free. Use your body motion to walk your hands along the parallel bars .	1 time across
8	Leap frog	Run up to the first stump, place your hands together, on top of the stump and jump over the stump . Repeat for each stump.	1 set
Track	Cool down	Walk the circuit.	2 times

Suggest use: Split large groups into two or three smaller groups, and hold your own round robin of activities: archery, fitness circuit, and rope course.