



# Kilmacud Crokes Board Game

**START**

**10 SQUAT JUMPS**

**60 SECS HAND STRIKE 5M OFF WALL (left side)**

**10 BURPEES**

**30 SECS KEEPIE UPIES**

**HOW QUICKLY CAN YOU FINISH THE GAME?**

**FINISH**

**60 SECS HAND STRIKE 5M OFF WALL (right side)**

**60 SECS FREESTYLE HURLING**

**10 TUCK JUMPS**

**20 HAND PASSES 3M OFF LEFT HAND**

**20 HAND PASSES 3M OFF RIGHT HAND**

**30 SECS 1 LEGGED BALANCE**

**25 ROLL LIFTS**

**25 JAB LIFTS**

**15 JUMPING JACKS**

**5 PUSH UPS**

**15 HIGH CATCHES**