

Thursday 4th February 2021

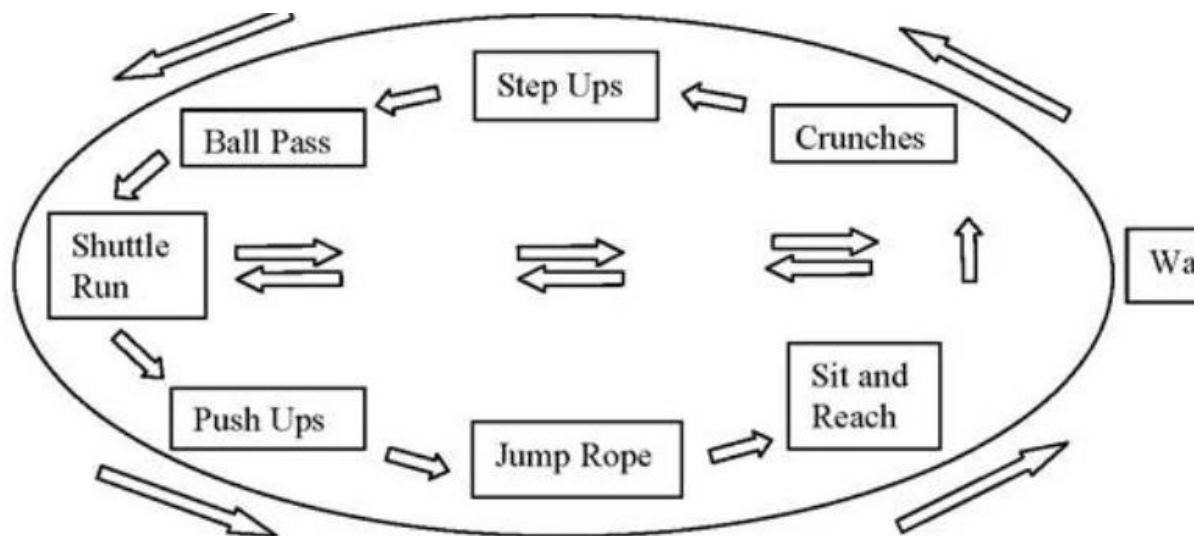
Astronaut fitness circuit

Watch Paxi on the ISS discuss astronaut fitness:

https://www.youtube.com/watch?v=fyJEtayJwFQ&feature=emb_logo

Your task is to create your own fitness circuit that you can complete at home or outside. To help you train to become your astronaut.

Here is an example:



Design your circuit in the box below: