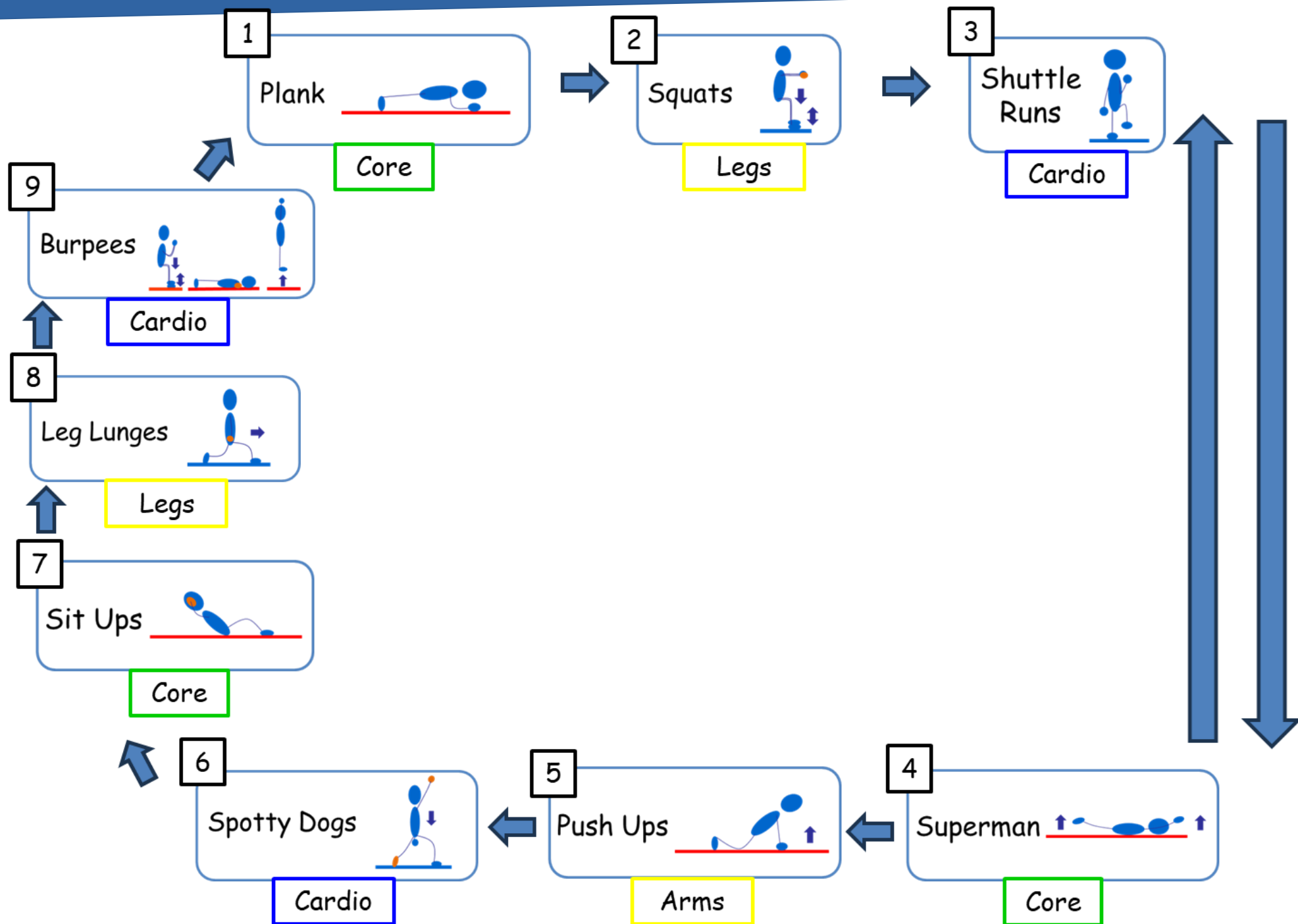
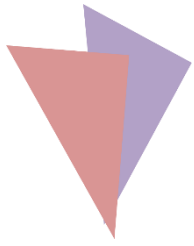






Record Card

Circuit Training



Name: _____

Date: _____

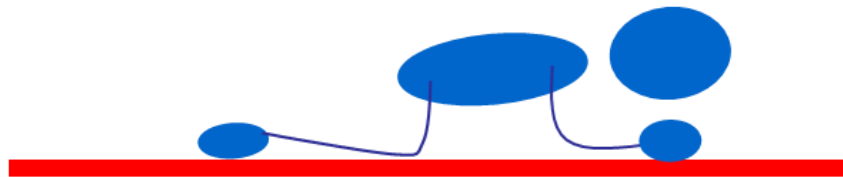
Date								
Exercise/Rest								
1. Plank  								
2. Squats								
3. Shuttle Runs								
4. Superman								
5. Push ups								
6. Spotty Dogs								
7. Sit Ups								
8. Leg Lunges								
9. Burpees								

Core

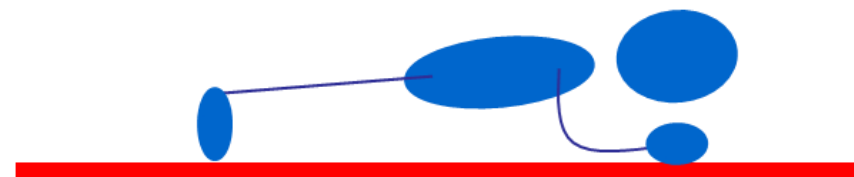
Plank



Teaching
Alive



Knees



Toes

★ ★ Technique

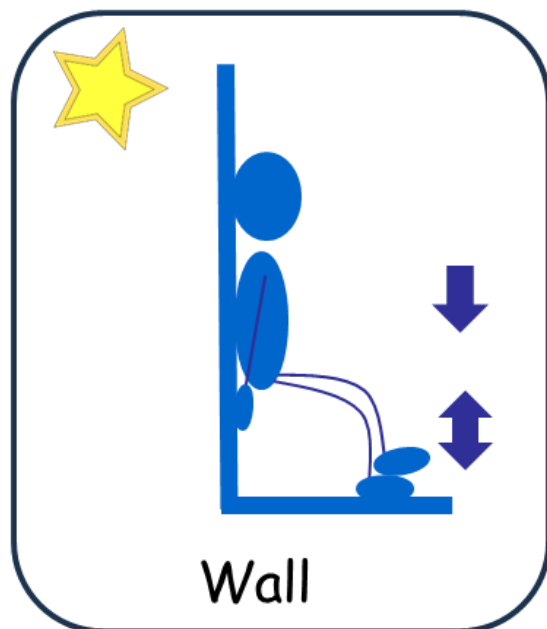
1. Toes and forearms touch floor
2. Elbows under shoulders
3. Look at floor

Legs

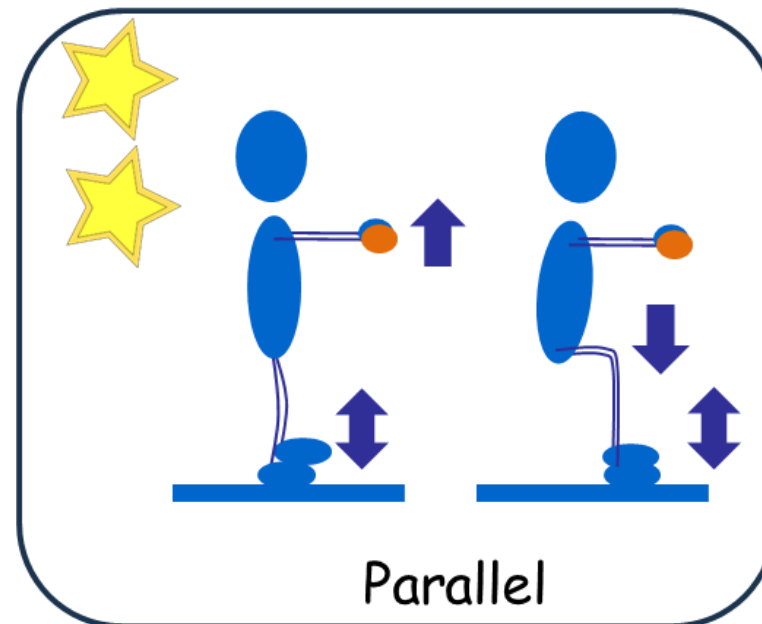
Squats



Teaching
Alive



Wall



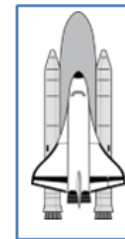
Parallel

☆☆ Technique

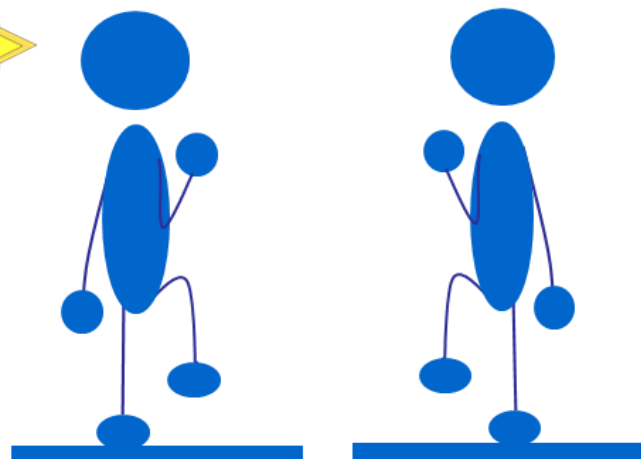
1. Feet shoulder width apart
2. **Arms** straight out in front
3. Feet flat
4. Sit in an imaginary chair
5. Knees over feet
6. Knees parallel to floor

Cardio

Shuttle Runs



Teaching
Alive



Run on Spot



Cone to Cone

★ ★ Technique

- | | |
|---|-----------------------------|
| 1. Relax your jaw | 5. Arms same time as legs |
| 2. Relax your shoulders | 6. Upright |
| 3. Open palms | 7. Balls of feet |
| 4. "Back elbow to sky,
front thumb to eye" | 8. Comfortable long stride |
| | 9. Knees parallel to ground |

Core

Superman



Teaching
Alive



Stretch



Lift

☆☆ Technique

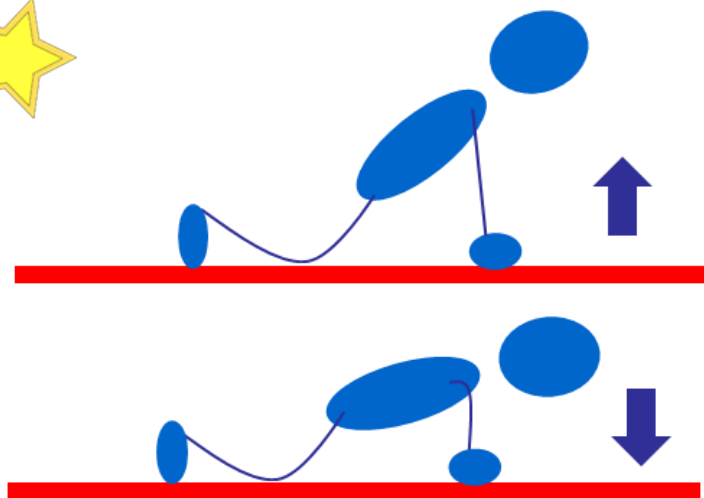
1. Flat on stomach
 - Arms straight out
2. Raise both arms and legs off the floor
3. Hold for 1-2 seconds
4. Return arms and legs to floor

Arms

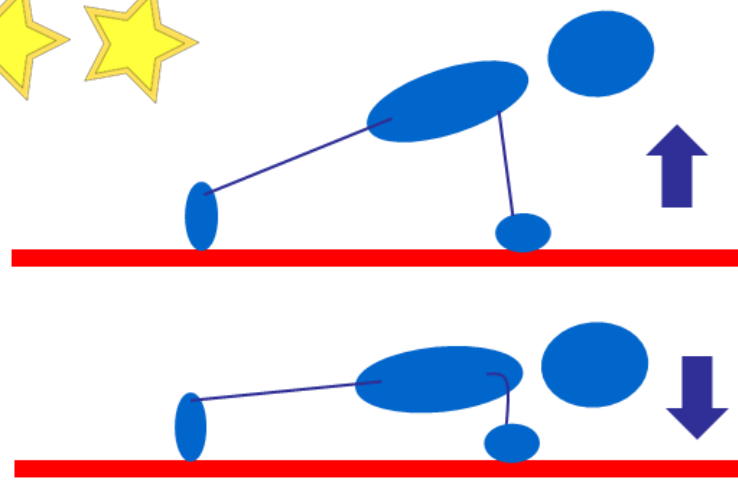
Push Ups



Teaching
Alive



Knees on Floor



Straight Legs

☆☆ Technique

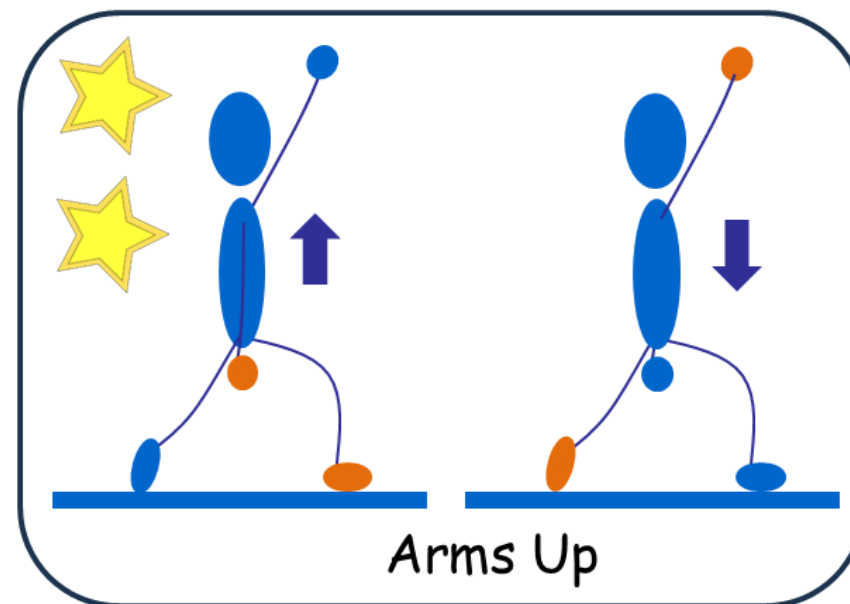
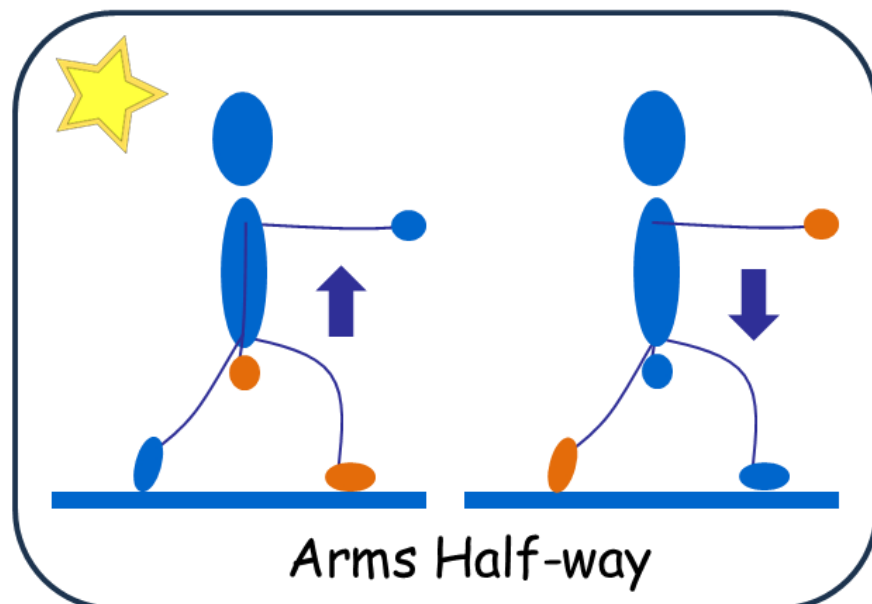
- | | |
|---|--|
| 1. Hands shoulder width apart and flat on floor | 4. Arms straight |
| 2. Legs straight | 5. Lower chest <ul style="list-style-type: none">• Bend arms |
| 3. Toes touch floor | 6. Push arms to straight |

Cardio

Spotty Dogs



Teaching
Alive



☆☆ Technique

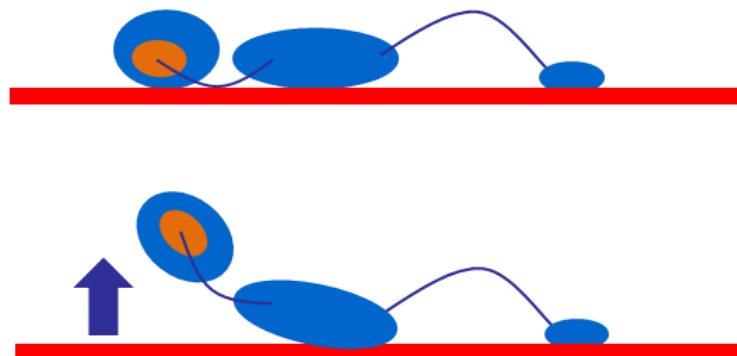
1. Stand straight, arms by side
2. Jump **favourite** leg forward
 - Jump other leg backward
3. **Favourite** arm stays down
 - Other arm goes up
4. Swap
 - Jump other leg forward
 - Jump **favourite** leg backward
 - **Favourite** arm goes up
 - Other arm goes down

Core

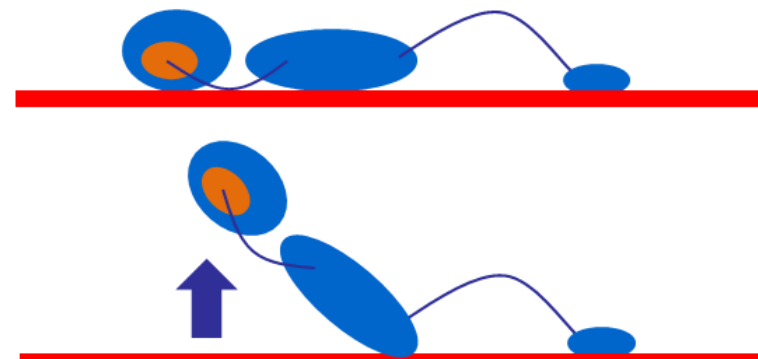
Sit Ups



Teaching
Alive



Crunch



Lift Chest

★ Technique

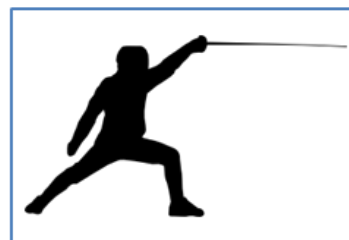
- | | |
|------------------------------|--|
| 1. Back on floor | 5. Curl your shoulders and upper back from the floor |
| 2. Bend knees | |
| 3. Feet flat | |
| 4. Hands bent to head | |

★★ Technique

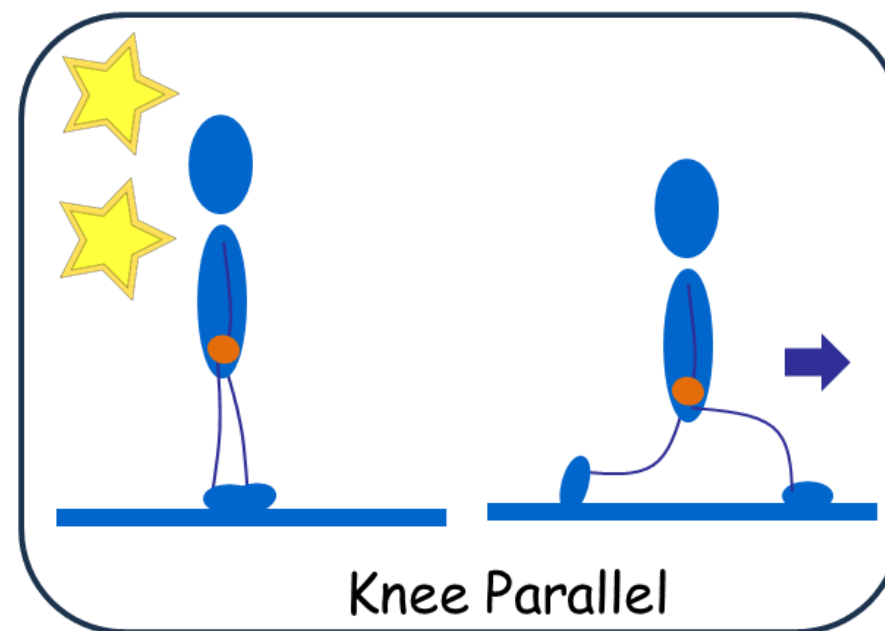
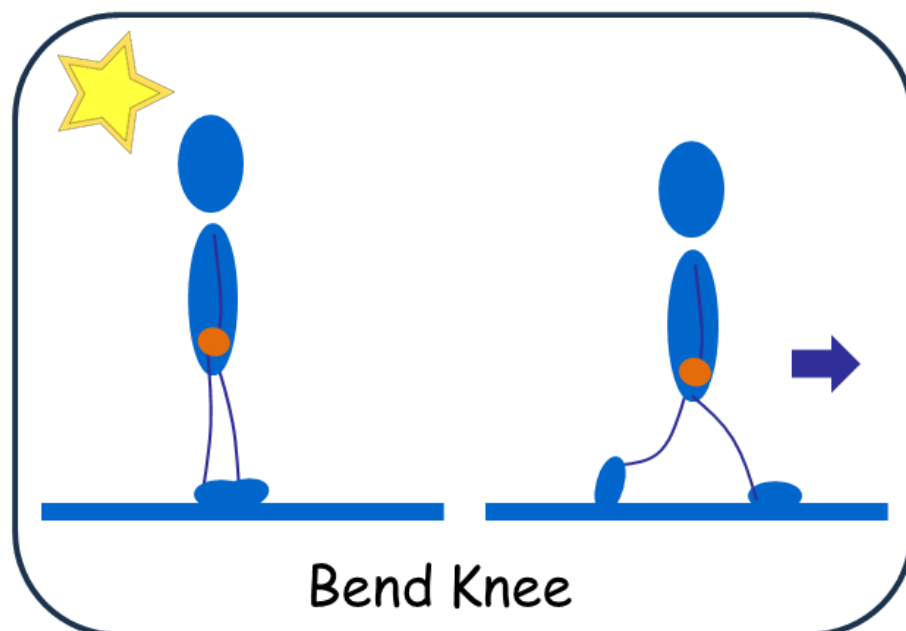
- | | |
|------------------------------|---------------------------------|
| 1. Back on floor | 5. Lift chest |
| 2. Bend knees | 6. Elbows in to hover by thighs |
| 3. Feet flat | 7. Lower back |
| 4. Hands bent to head | |

Legs

Leg Lunges



Teaching
Alive



☆☆ Technique

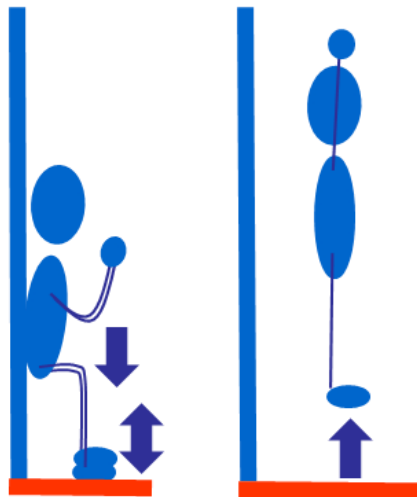
1. **Arms** on hips
2. Big step forward
3. One foot in front, other behind
4. Bend your knees
5. Lower body
6. Front foot flat, back heel off floor
7. Back knee close to floor
8. Front knee parallel to ground

Cardio

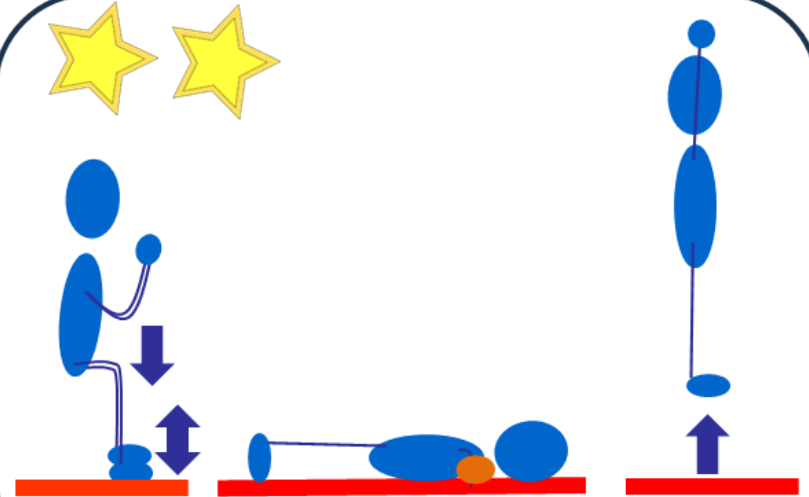
Burpees



Teaching
Alive



Wall Squat Jump



Floor

☆☆ Technique

1. Squat position
 - Knees parallel to floor
 - Arms bent in front of chest
2. Kick legs back
 - Lie on floor
 - **Palms** to floor
3. Push up and jump legs back to starting position
4. Stand up and jump
 - Arms straight above head
5. Land with knees bent

1

2

3

4

5

6

7

8

9