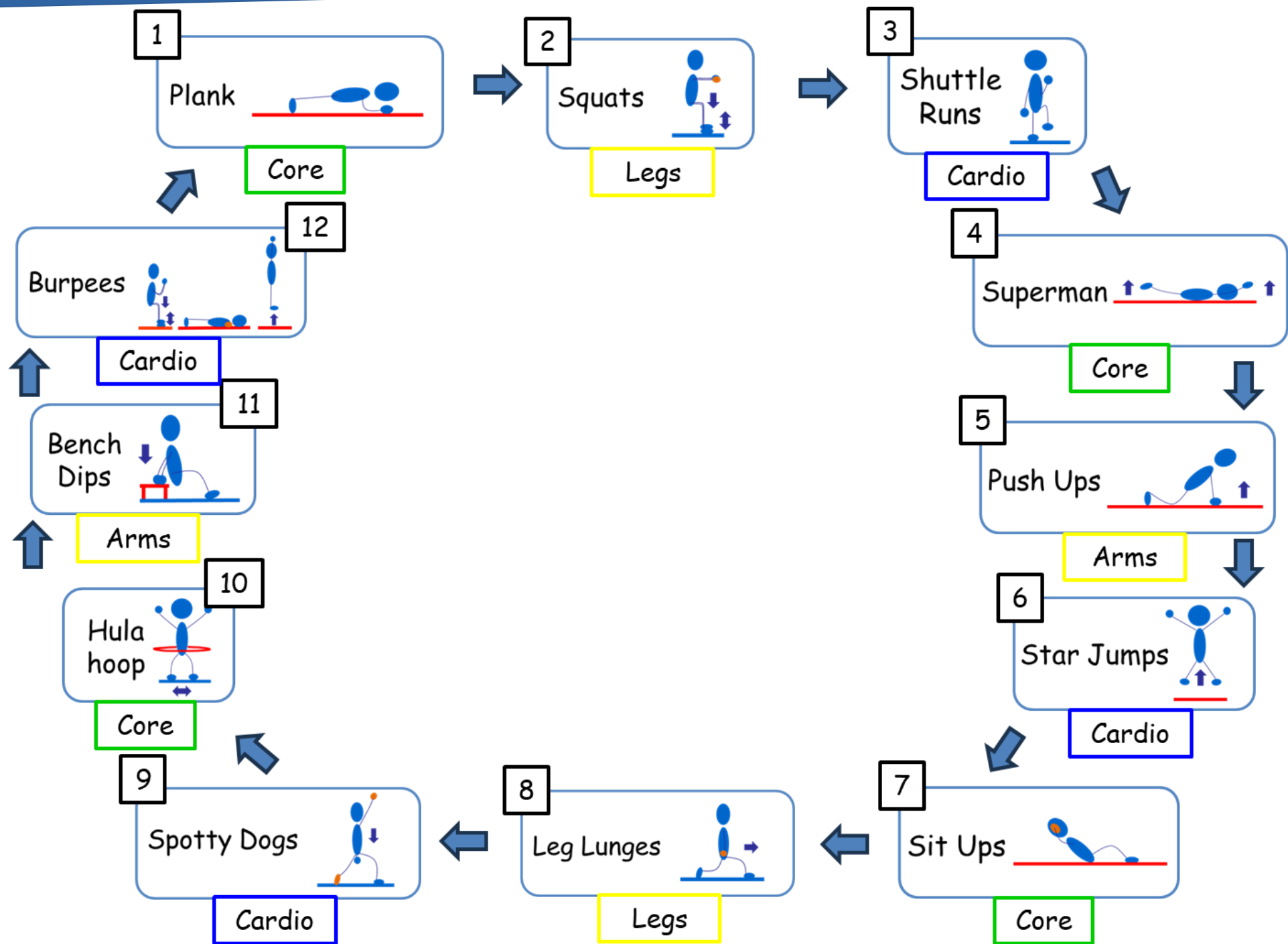






Record Card

Circuit Training



Name: _____

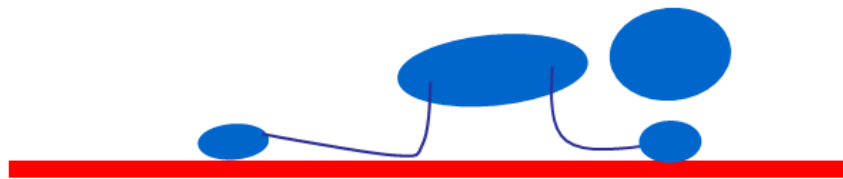
Date								
Exercise/Rest								
1. Plank ✓ ✗								
2. Squats								
3. Shuttle Runs								
4. Superman								
5. Push ups								
6. Star Jumps								
7. Sit Ups								
8. Leg Lunges								
9. Spotty Dogs								
10. Hula hoop ✓ ✗								
11. Bench Dips								
12. Burpees								

Core

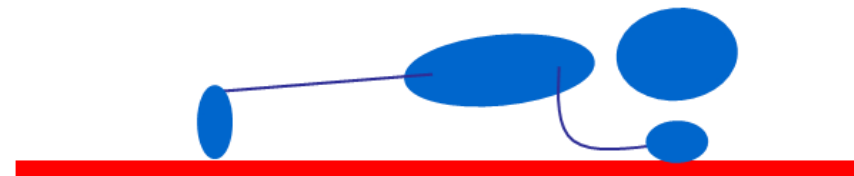
Plank



Teaching
Alive



Knees



Toes

★★ Technique

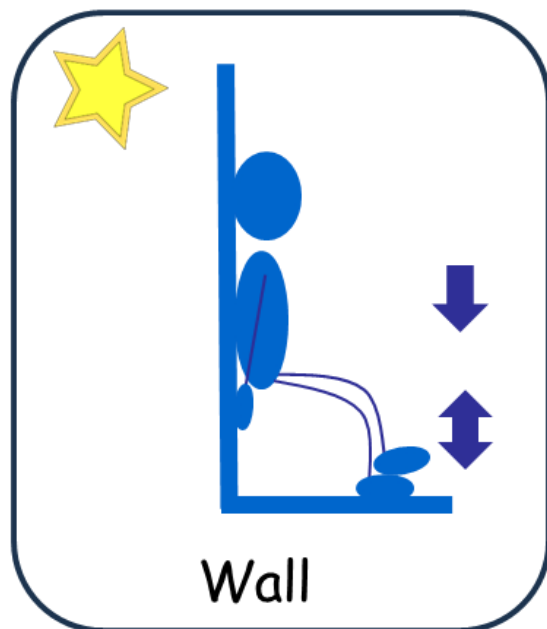
1. Toes and forearms touch floor
2. Elbows under shoulders
3. Look at floor

Legs

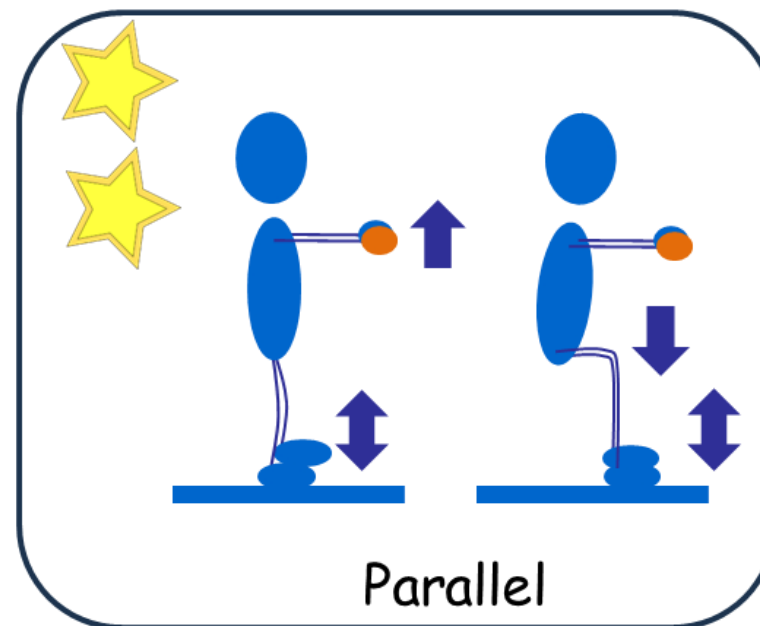
Squats



Teaching
Alive



Wall



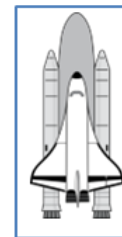
Parallel

☆☆ Technique

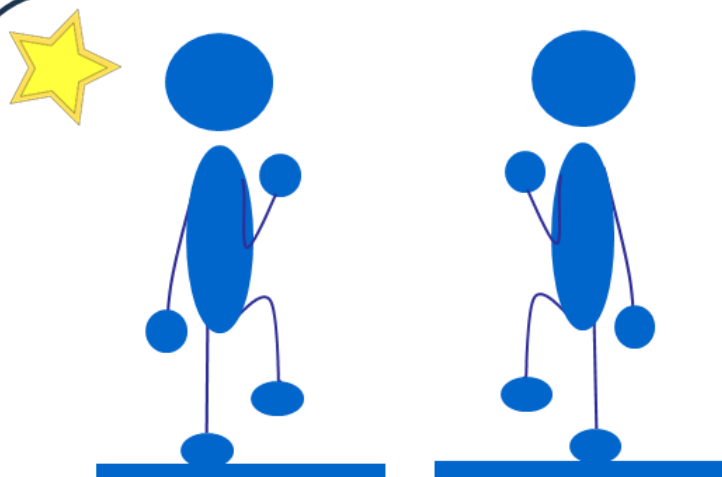
1. Feet shoulder width apart
2. **Arms** straight out in front
3. Feet flat
4. Sit in an imaginary chair
5. Knees over feet
6. Knees parallel to floor

Cardio

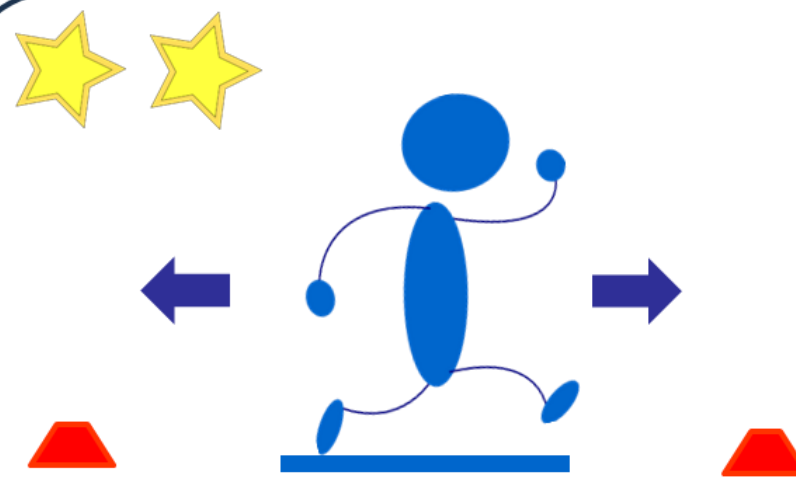
Shuttle Runs



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

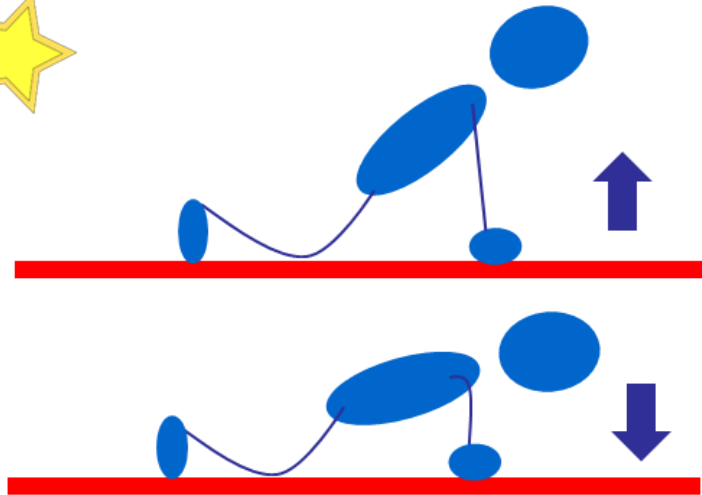
1. Flat on stomach
 - Arms straight out
2. Raise both arms and legs off the floor
3. Hold for 1-2 seconds
4. Return arms and legs to floor

Arms

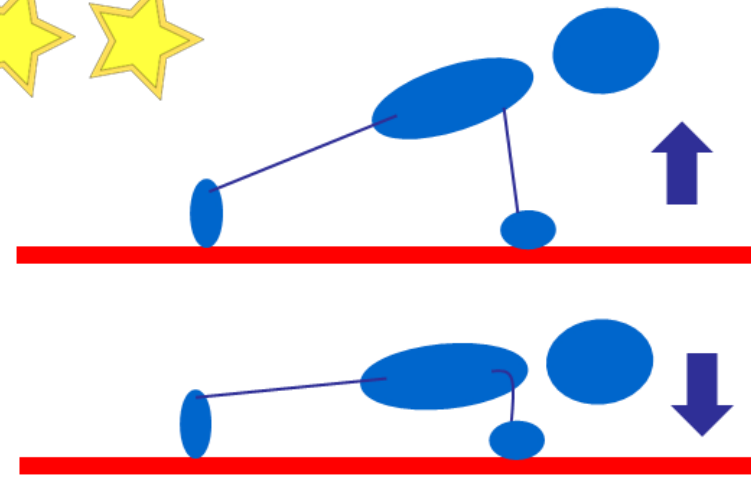
Push Ups



Teaching
Alive



Knees on Floor



Straight Legs

☆☆ Technique

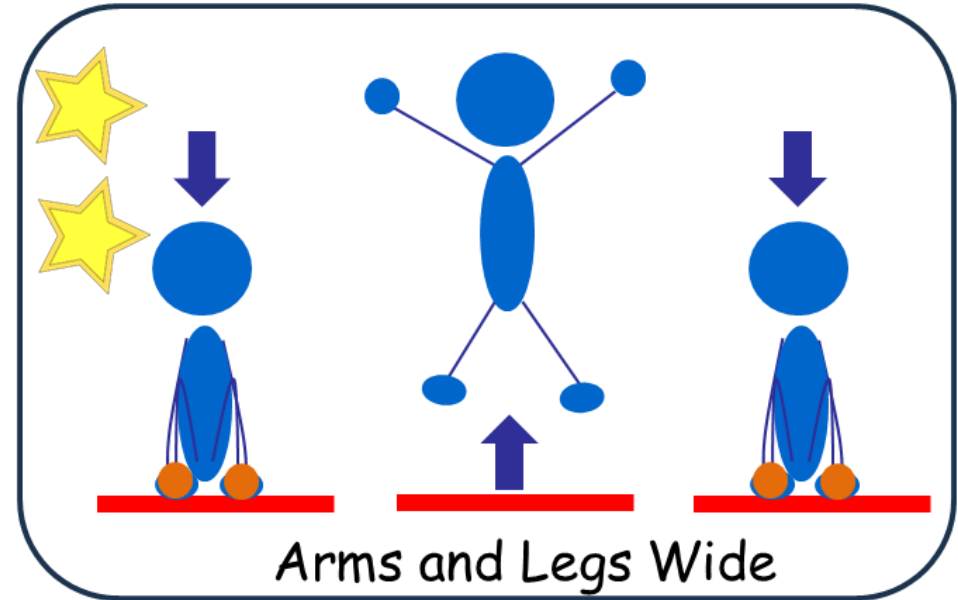
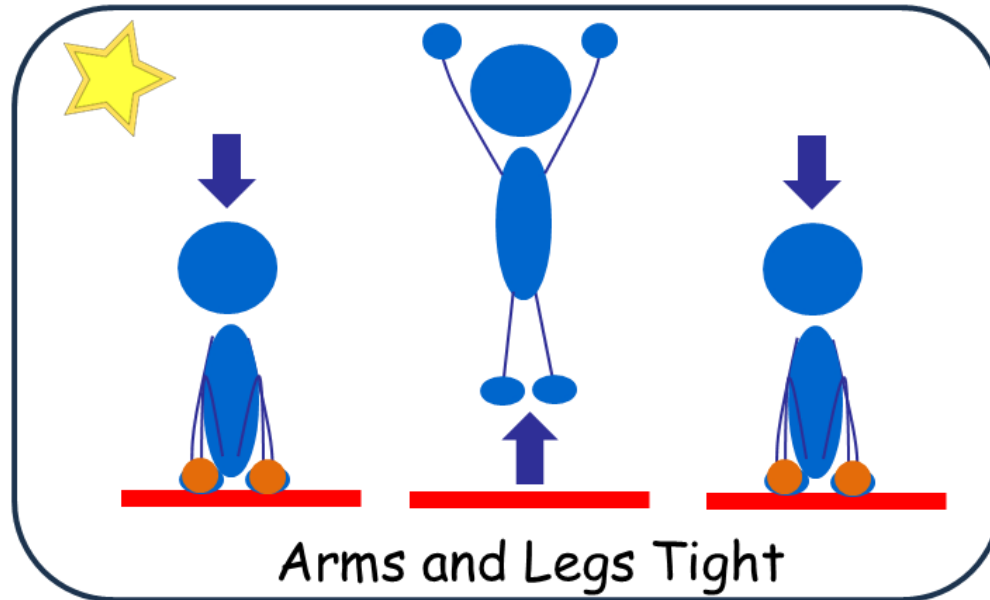
1. Hands shoulder width apart and flat on floor
2. Legs straight
3. Toes touch floor
4. Arms straight
5. Lower chest
 - Bend arms
6. Push arms to straight

Cardio

Star Jumps



Teaching
Alive



★ ★ Technique

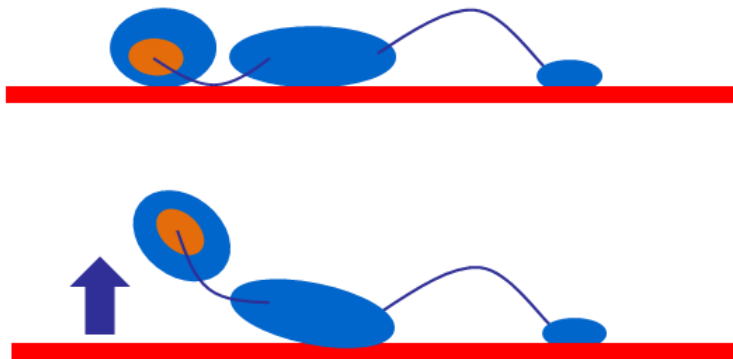
1. Bends knees and touch feet with hands
2. Jump up
 - Form an "X" with arms and legs
3. Land
 - Bend knees and touch feet with hands

Core

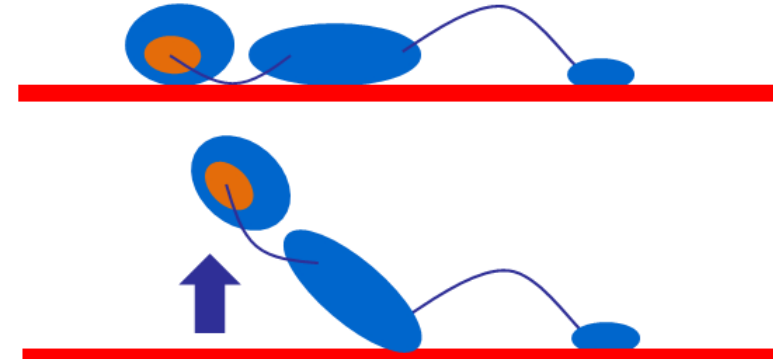
Sit Ups



Teaching
Alive



Crunch



Lift Chest

★ Technique

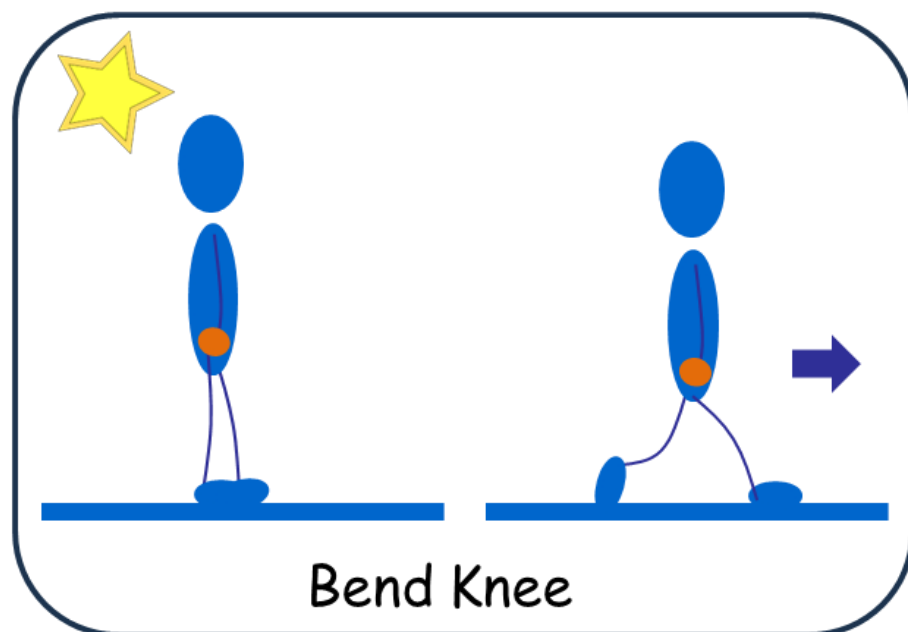
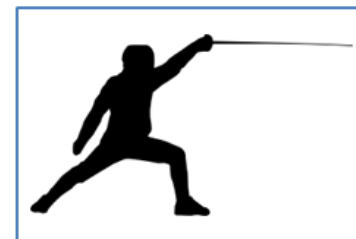
- | | |
|------------------------------|--|
| 1. Back on floor | 5. Curl your shoulders and upper back from the floor |
| 2. Bend knees | |
| 3. Feet flat | |
| 4. Hands bent to head | |

★★ Technique

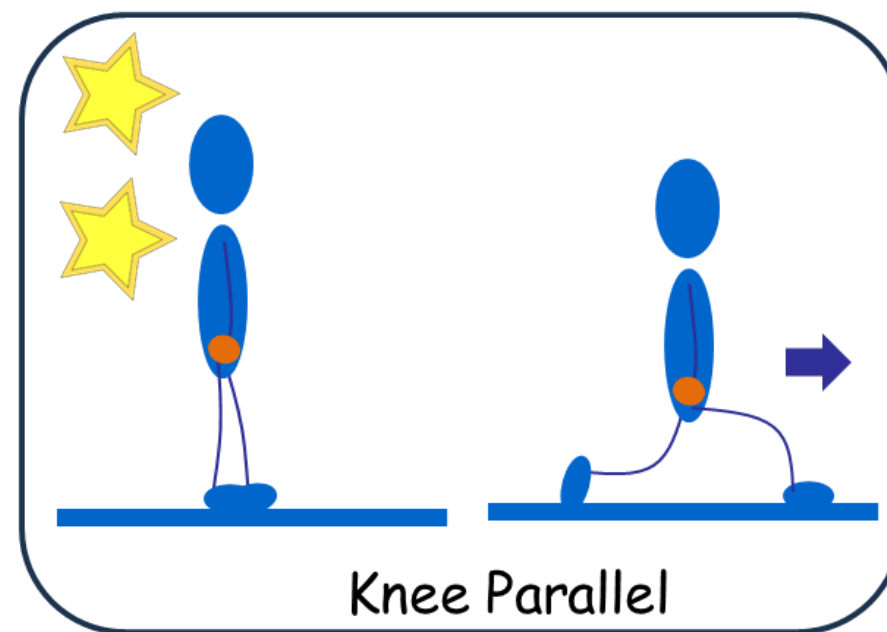
- | | |
|------------------------------|---------------------------------|
| 1. Back on floor | 5. Lift chest |
| 2. Bend knees | 6. Elbows in to hover by thighs |
| 3. Feet flat | 7. Lower back |
| 4. Hands bent to head | |

Legs

Leg Lunges



Bend Knee



Knee Parallel

☆☆ Technique

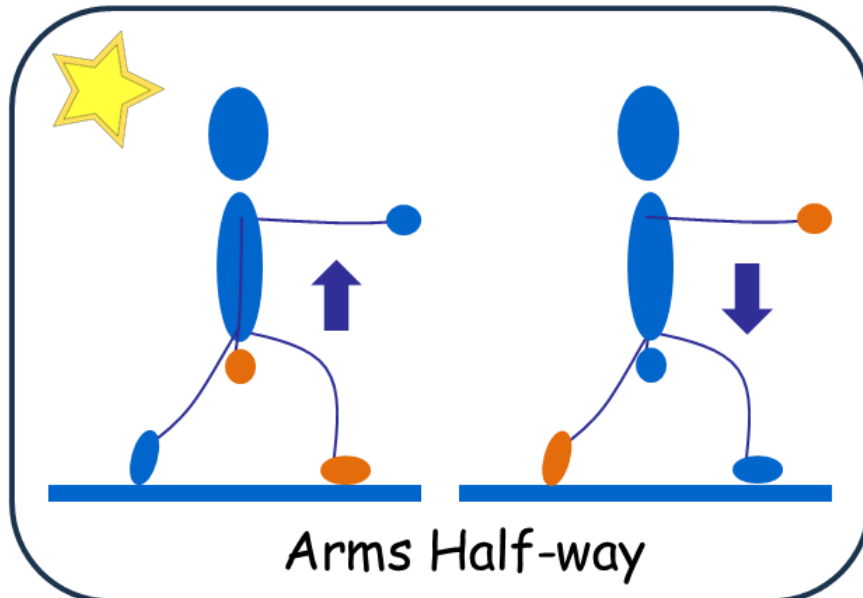
1. **Arms** on hips
2. Big step forward
3. One foot in front, other behind
4. Bend your knees
5. Lower body
6. Front foot flat, back heel off floor
7. Back knee close to floor
8. Front knee parallel to ground

Cardio

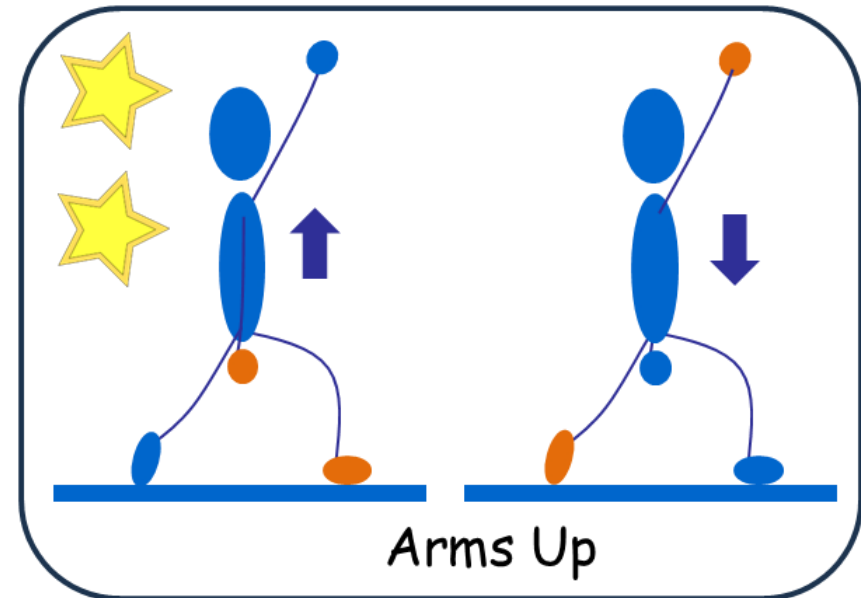
Spotty Dogs



Teaching
Alive



Arms Half-way



Arms Up

☆☆ 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

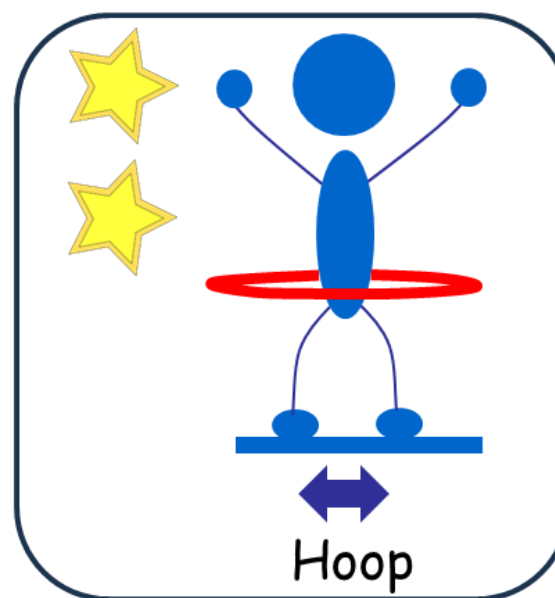
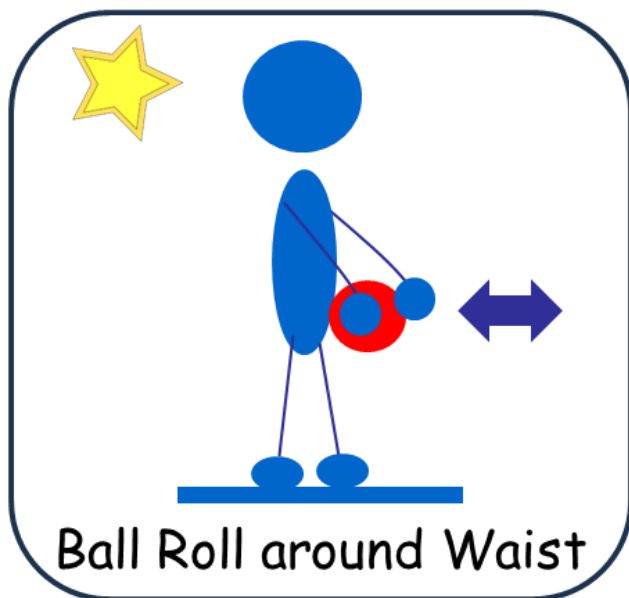
Core

Hula Hoop

Ball Roll



Teaching
Alive

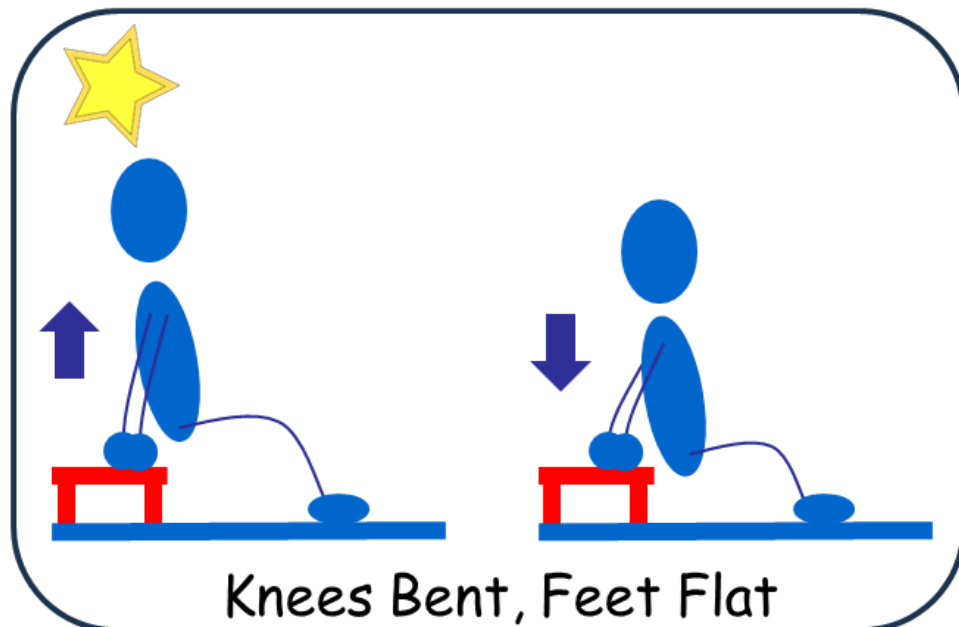


☆☆ Technique

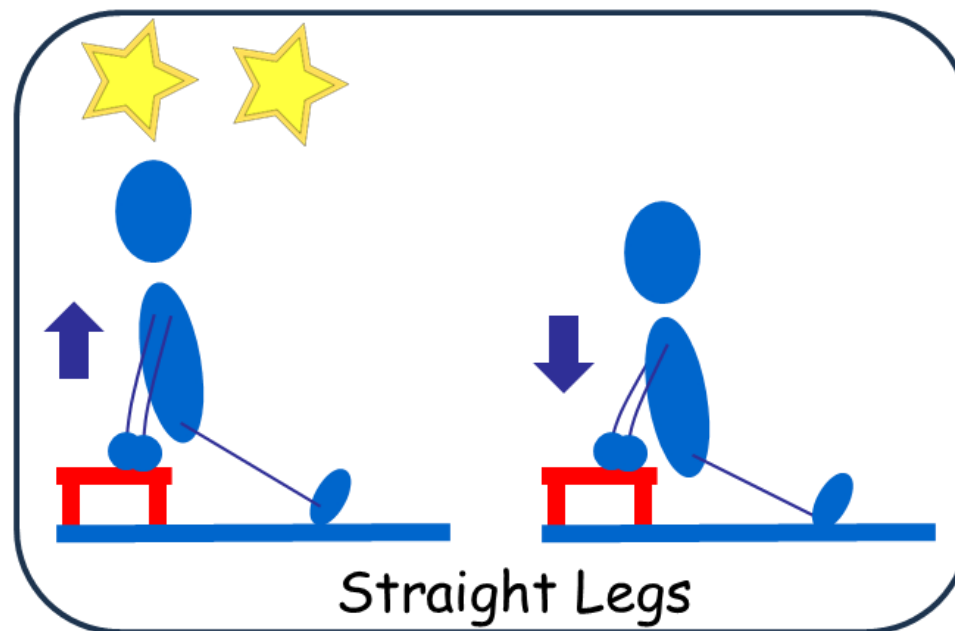
1. Hold with both hands
2. Spread feet out wider than shoulders
3. Move opposite foot forward about 10 cm
4. Stand up straight
5. Hoop above hips and pull it forward to touch back
6. Rotate shoulders right or left
7. Throw forward whilst turning
8. Move weight from one leg to other
9. Push forward and back against hoop

Arms

Bench Dips



Knees Bent, Feet Flat



Straight Legs

☆☆ Technique

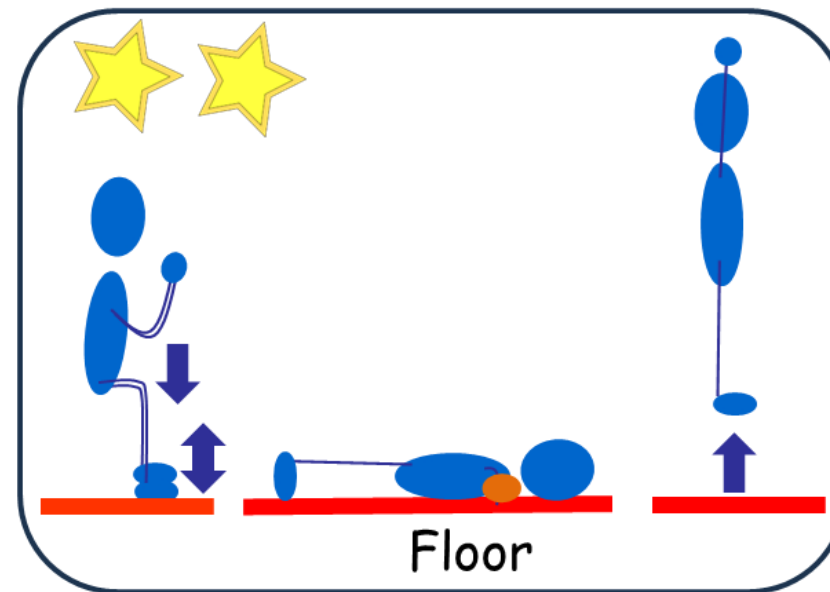
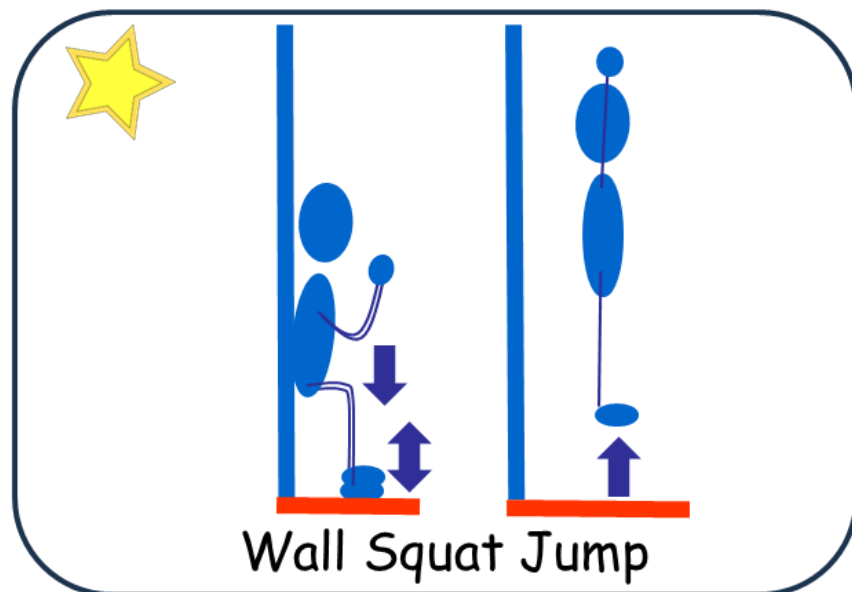
1. Sit on bench
2. Walk out legs and keep straight
3. Balance on heels
4. Lift bottom off bench
5. Lower body down with arms
6. Push up through hands

Cardio

Burpees



Teaching
Alive



☆☆ 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

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