



# Record Card

## Circuit Training



Name: \_\_\_\_\_

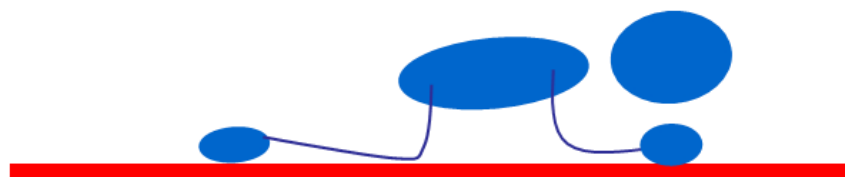
Date								
Exercise/Rest								
✓ ✗								
✓ ✗								

Core

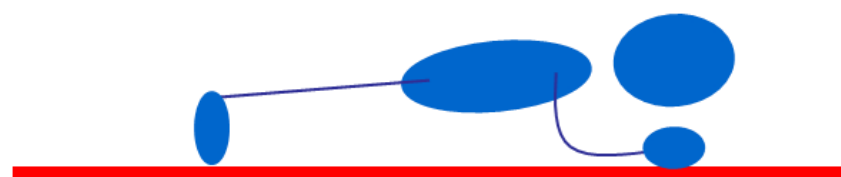
# Plank



Teaching  
Alive



Knees



Toes

## ★★ Technique

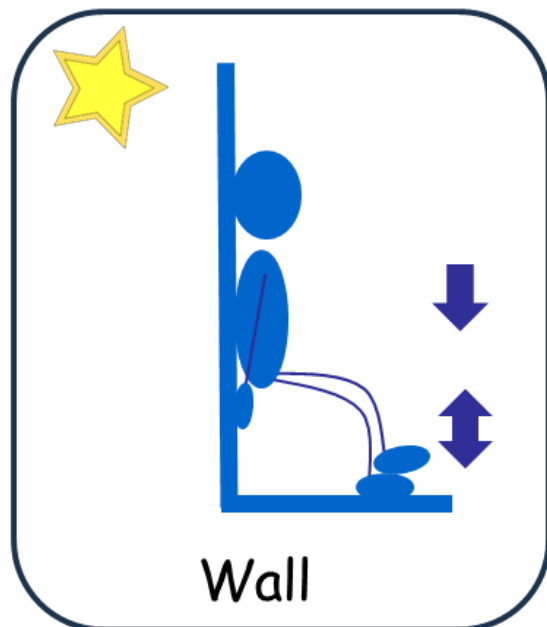
1. Toes and forearms touch floor
2. Elbows under shoulders
3. Look at floor

## Legs

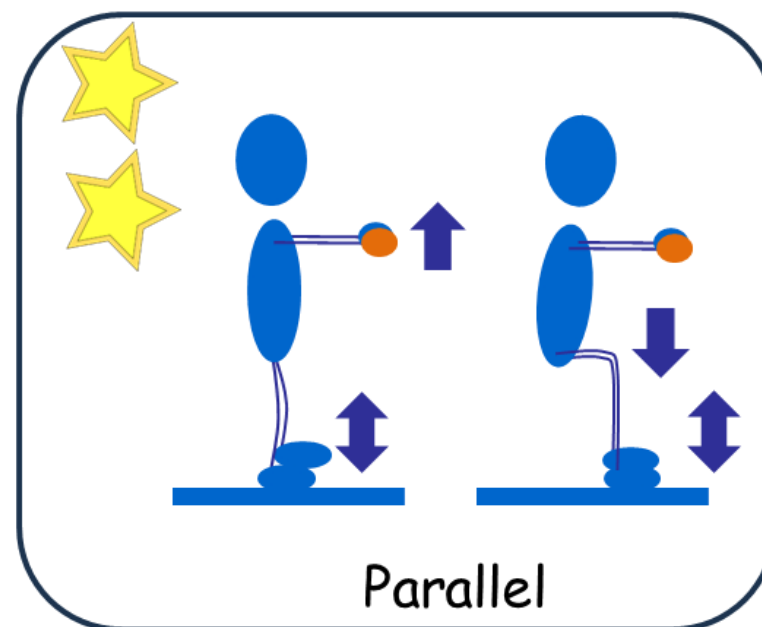
# Squats



Teaching  
Alive



Wall



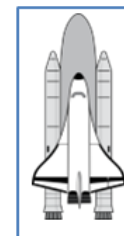
Parallel

### ☆☆ Technique

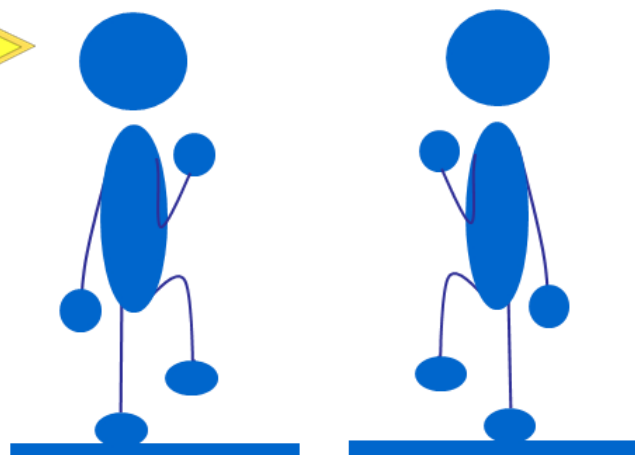
1. Feet shoulder width apart
2. **Arms** straight out in front
3. Feet flat
4. Sit in an imaginary chair
5. Knees over feet
6. Knees parallel to floor

**Cardio**

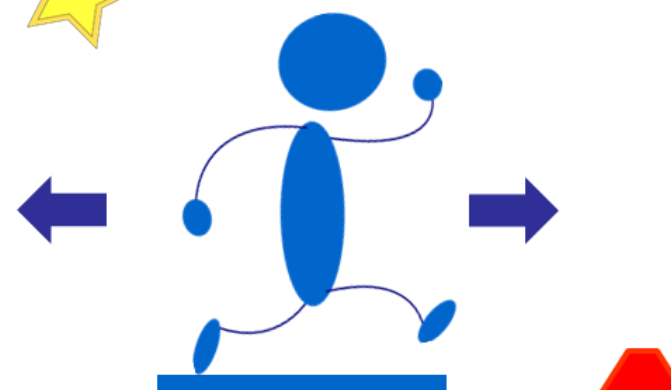
# Shuttle Runs



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,<br>front thumb to eye" | 8. Comfortable long stride  |
|   | 9. Knees parallel to ground |

Core

# Superman



Teaching  
Alive



Stretch



Lift

## ☆☆ Technique

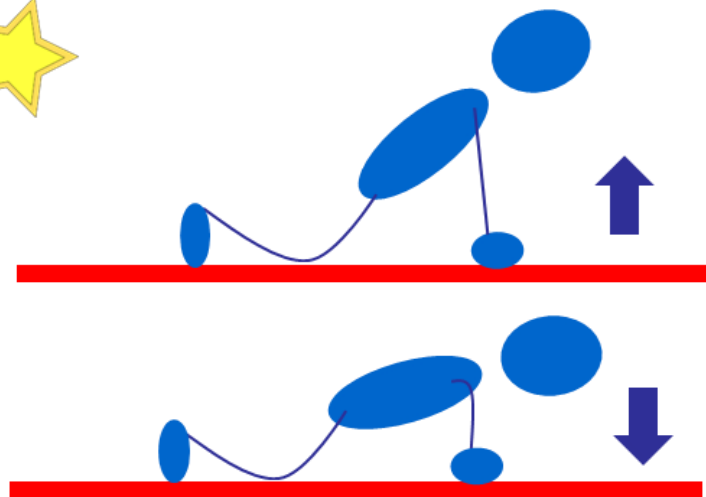
1. Flat on stomach
  - Arms straight out
2. Raise both arms and legs off the floor
3. Hold for 1-2 seconds
4. Return arms and legs to floor

## Arms

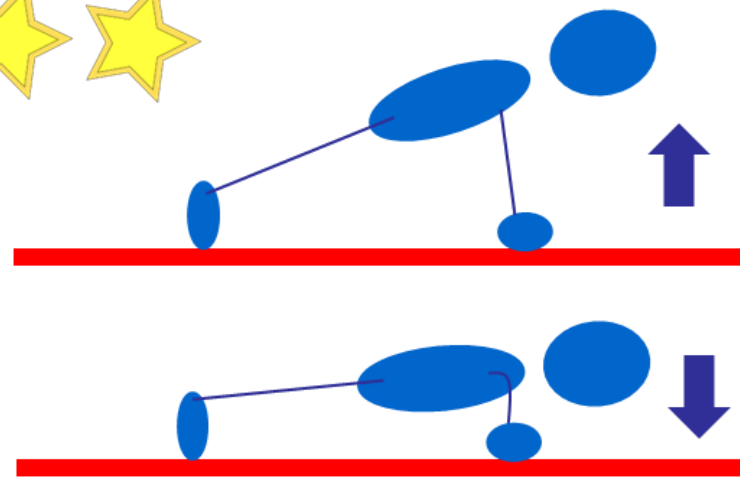
# Push Ups



Teaching  
Alive



Knees on Floor



Straight Legs

## ☆☆ Technique

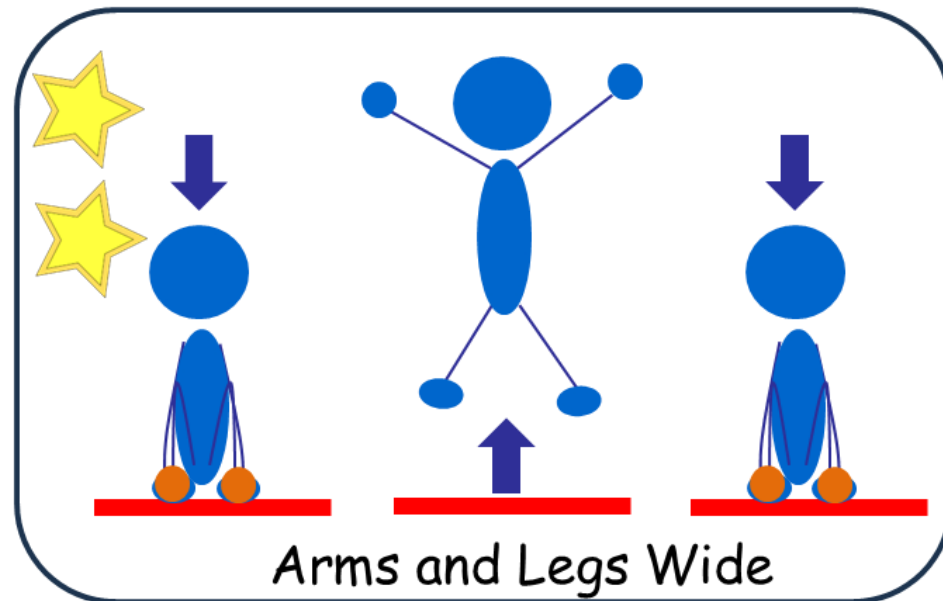
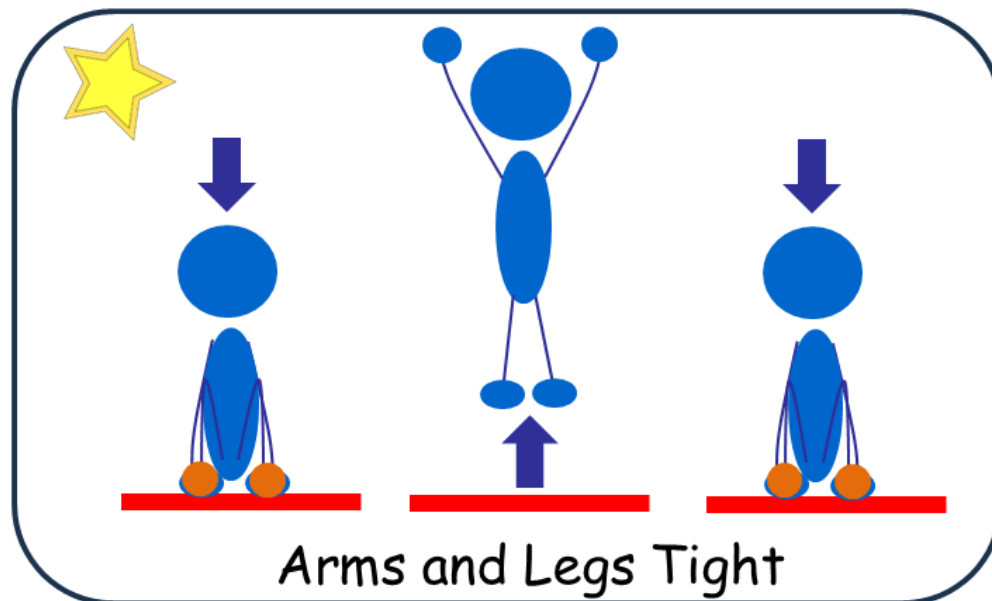
1. Hands shoulder width apart and flat on floor
2. Legs straight
3. Toes touch floor
4. Arms straight
5. Lower chest
  - Bend arms
6. Push arms to straight

Cardio

# Star Jumps



Teaching  
Alive



## ☆☆ Technique

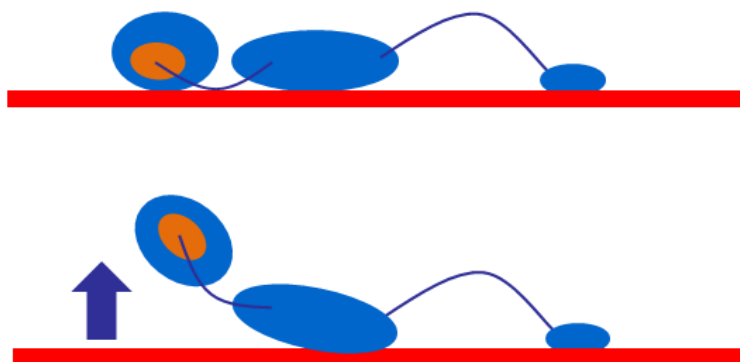
1. Bends knees and touch feet with hands
2. Jump up
  - Form an "X" with arms and legs
3. Land
  - Bend knees and touch feet with hands

Core

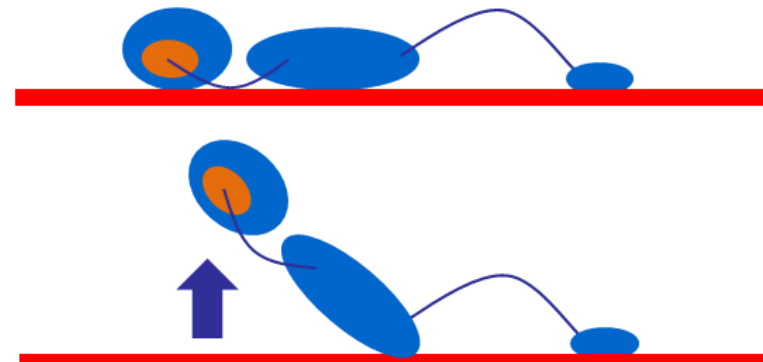
# Sit Ups



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 |  |

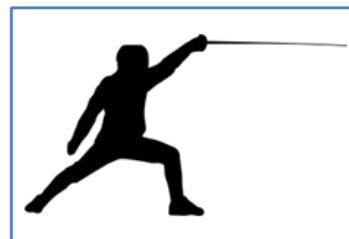
## ★★ Technique

- |                       |                                 |
|-----------------------|---------------------------------|
| 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 |                                 |

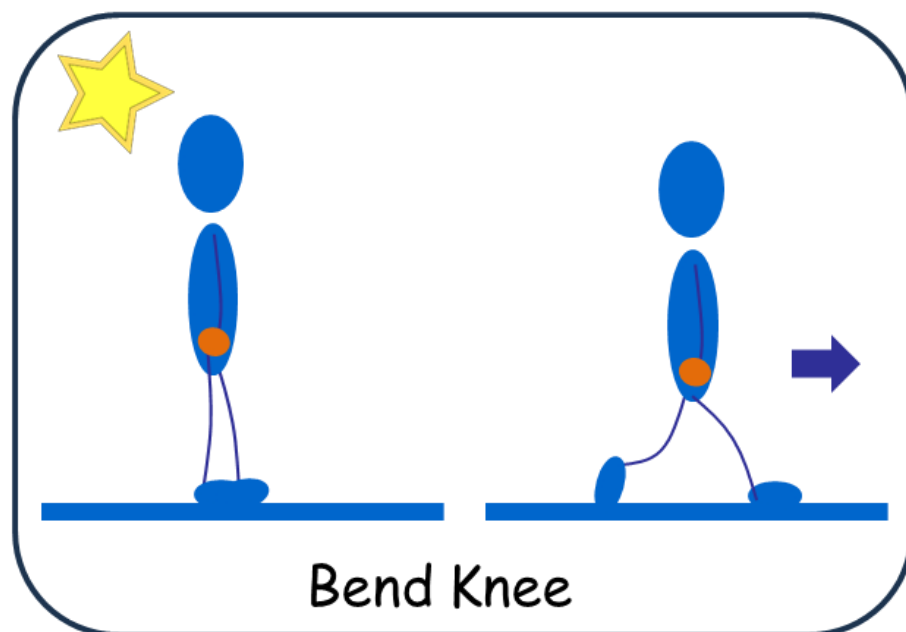


**Legs**

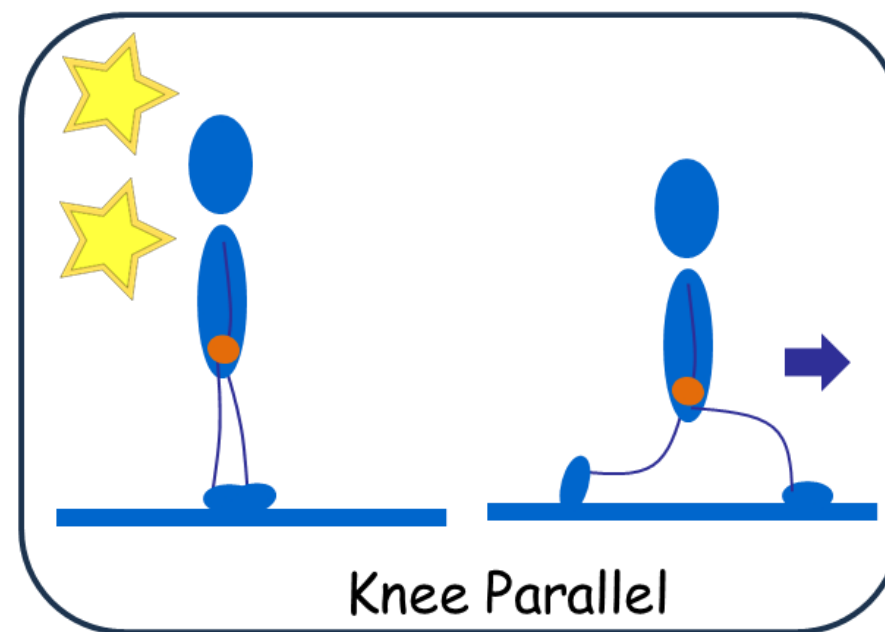
# Leg Lunges



Teaching  
Alive



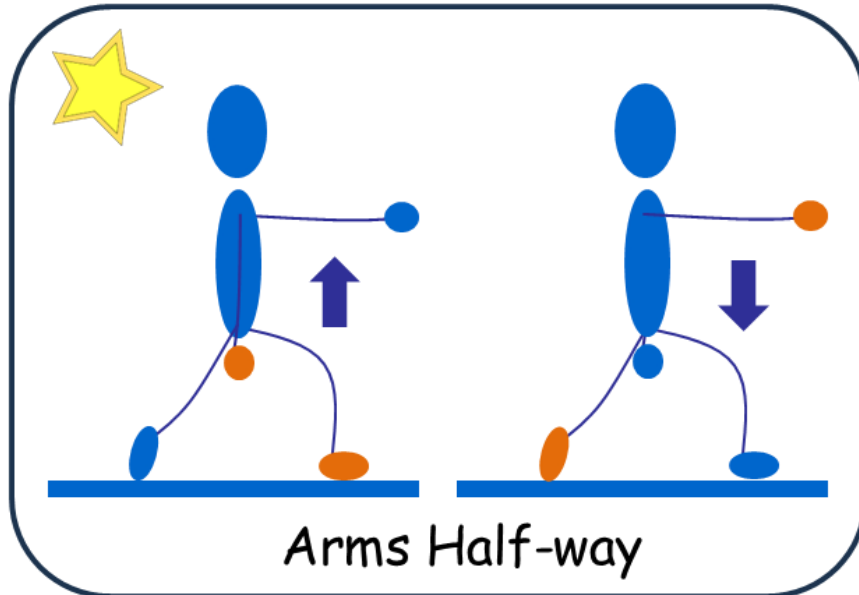
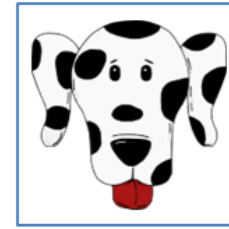
Bend Knee



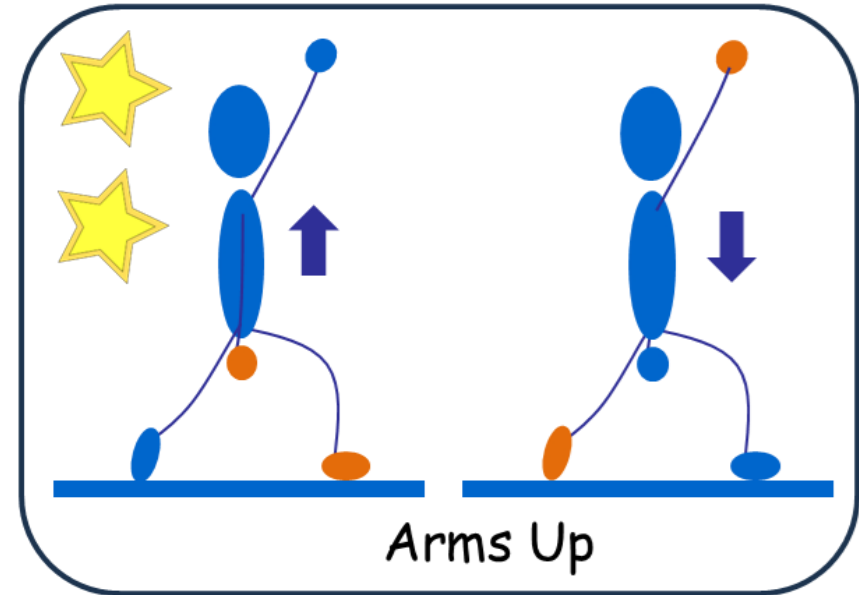
Knee Parallel

## ☆☆ 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



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

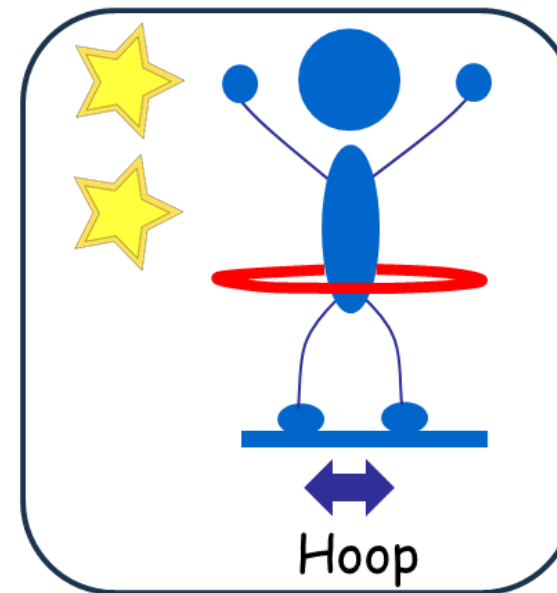
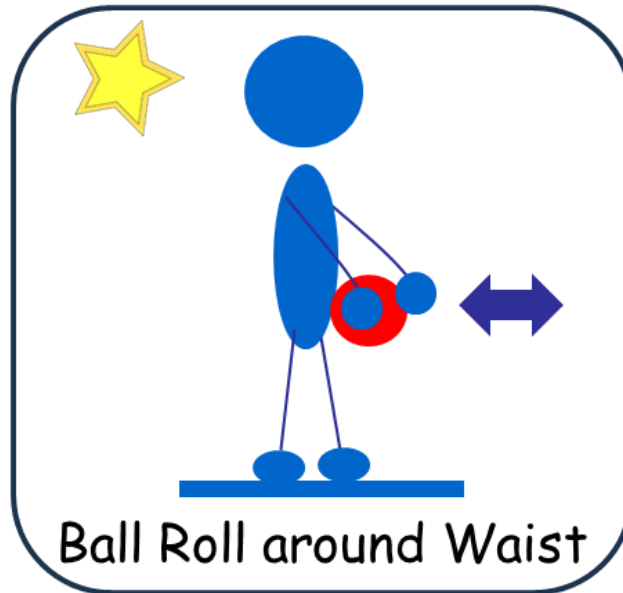
**Core**

# Hula Hoop

# Ball Roll



Teaching  
Alive



## ☆☆ Technique

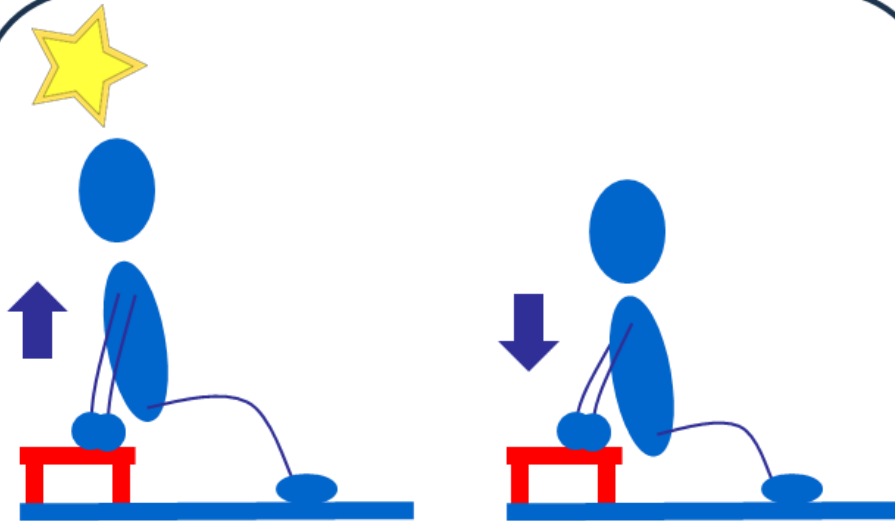
1. Hold with both hands
2. Spread feet out wider than shoulders
3. Move opposite foot forward about 10 cm
4. Stand up straight
4. Hoop above hips and pull it forward to touch back
5. Rotate shoulders right or left
6. Throw forward whilst turning
7. Move weight from one leg to other
8. Push forward and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

## Arms

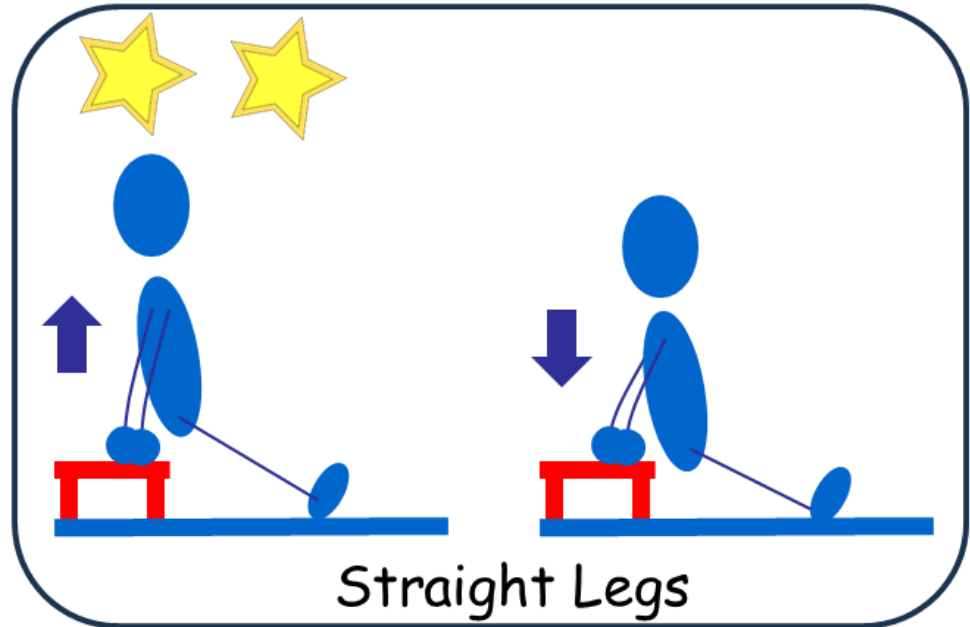
# Bench Dips



Teaching  
Alive



Knees Bent, Feet Flat



Straight Legs

### ☆☆ Technique

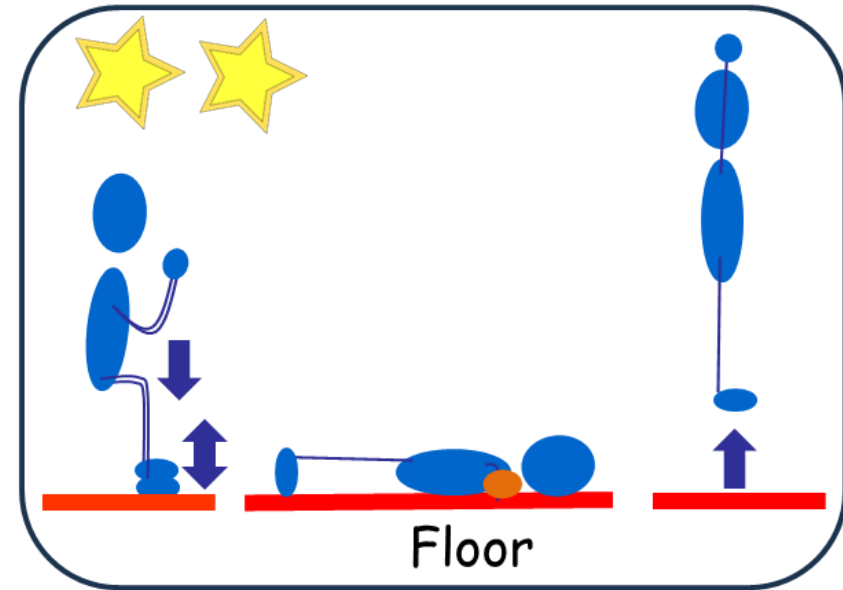
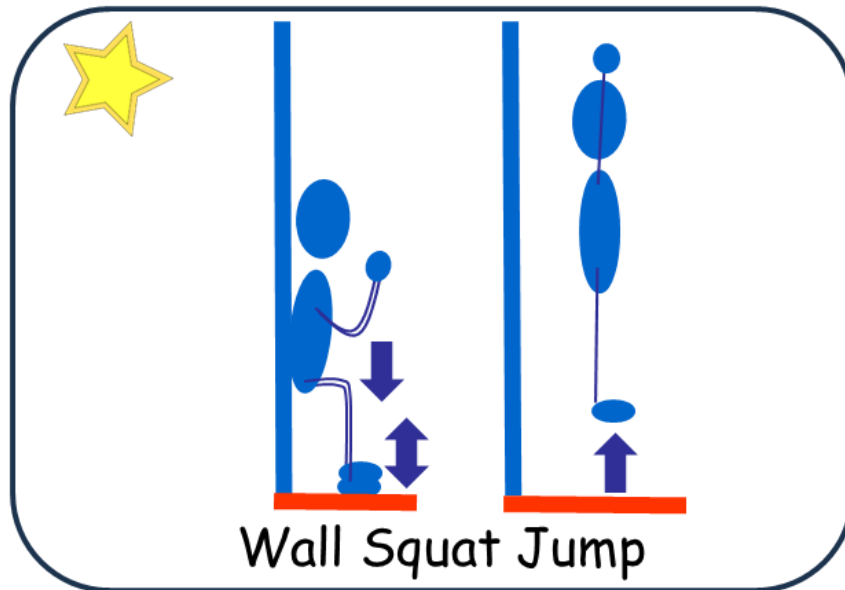
1. Sit on bench
2. Walk out legs and keep straight
3. Balance on heels
4. Lift bottom off bench
5. Lower body down with arms
6. Push up through hands

**Cardio**

# Burpees



Teaching  
Alive

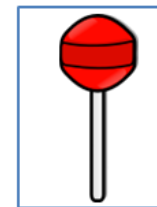


## ☆☆ Technique

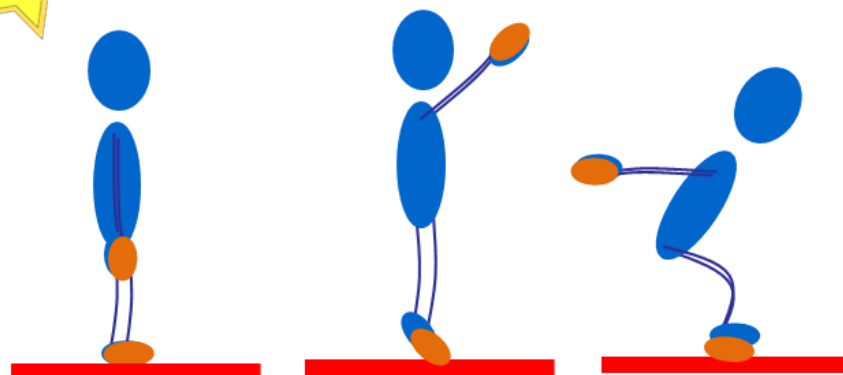
1. Squat position
  - Knees parallel to floor
  - Arms bent in front of chest
2. Kick legs back
  - Lie on floor
  - **Palms** to floor
3. Push up and jump legs back to starting position
4. Stand up and jump
  - Arms straight above head
5. Land with knees bent

Cardio

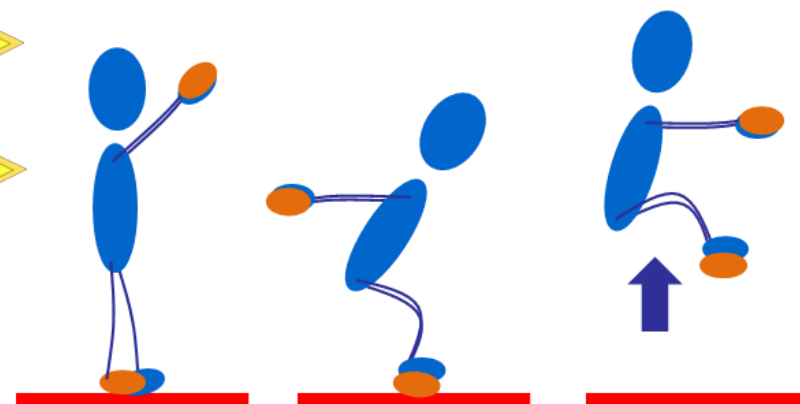
# Tuck Jumps



Teaching  
Alive



Stretch on Toes, Arms Parallel



Arms Parallel, Legs Bent

## ☆☆ Technique

1. **Feet** shoulder width apart
2. **Arms** up to sky straight
3. Crouch, bending your hips and knees
  - Chest lined up with toes
  - Swing your **arms** back parallel to floor
4. Push up and jump straight
  - **Arms** come up in front parallel to floor
  - Knees bent, tucking under your chest
  - Bend your hips and knees as you land

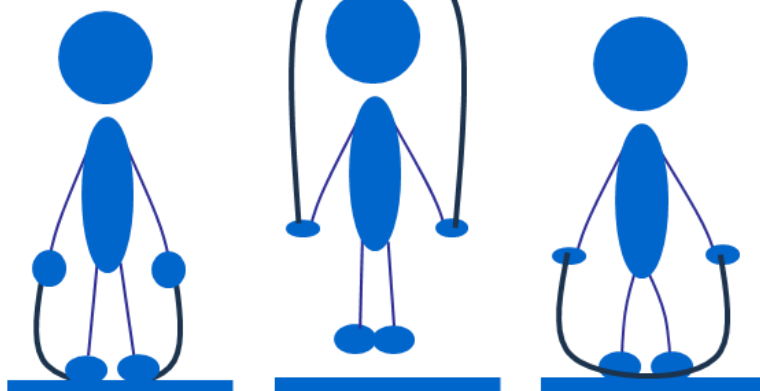


## Cardio

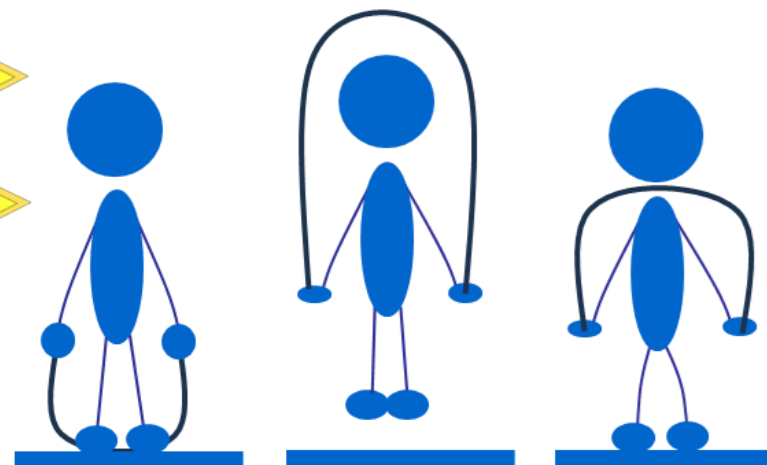
# Skipping



Teaching  
Alive



Once



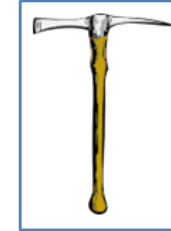
Don't Stop

### ★ Technique ★★

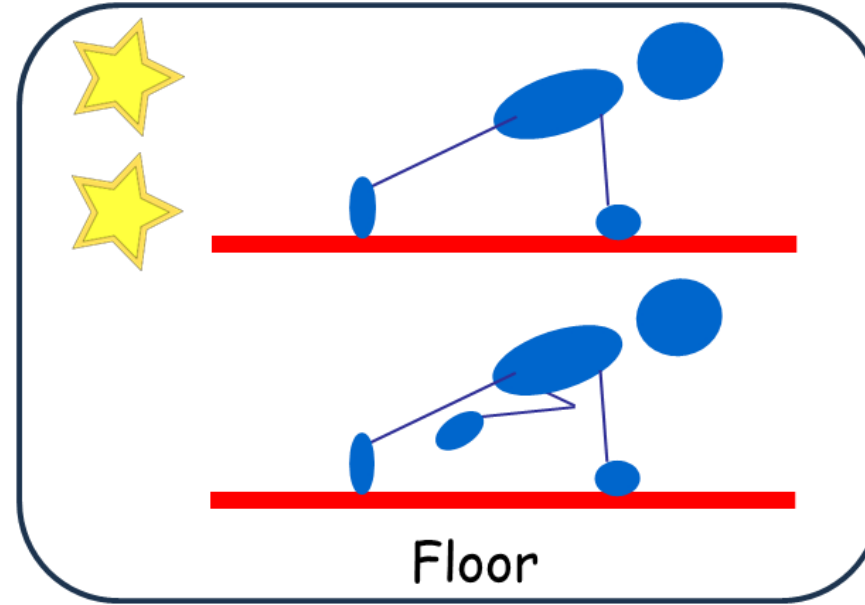
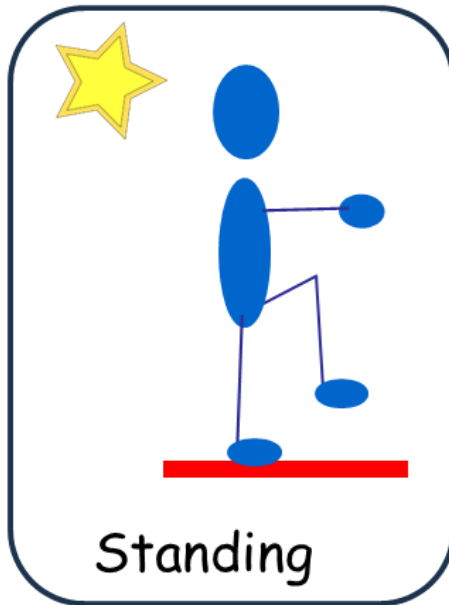
1. Feet close together
2. Hands slightly in front of hips
3. Hands equal distance from hips
4. Elbows close to body
5. Jump a few centimetres off ground
  - Straight legs and point toes down slightly in air
  - Spin wrists (not your elbows or shoulders) so rope passes feet
6. Land on balls of feet
  - Bend knees slightly

**Core**

# Mountain Climber



Teaching  
Alive



## ☆☆ Technique

1. Hands shoulder width apart and flat on floor
2. Legs straight
3. Toes touch floor
4. Bring one knee towards chest bending leg
5. Switch legs, pulling one knee in and the other out

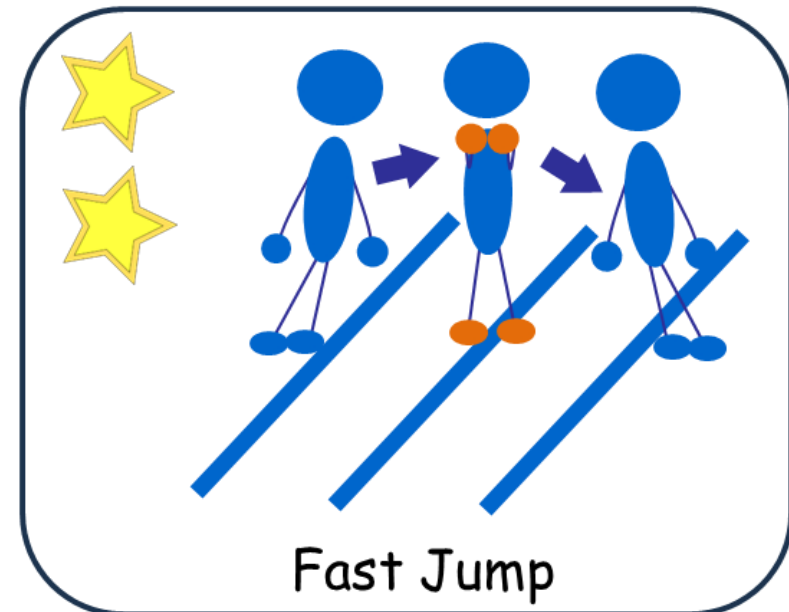
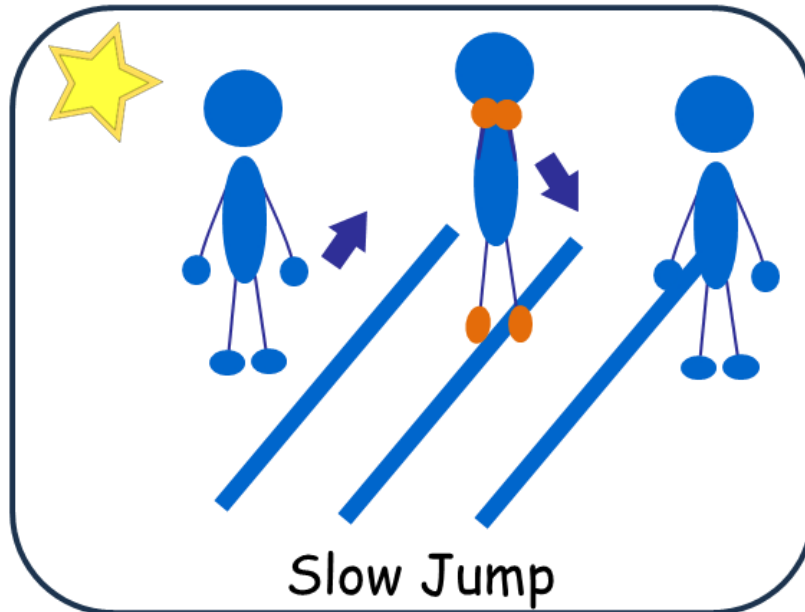


Legs

# Line Jump



Teaching  
Alive



## ★★ Technique

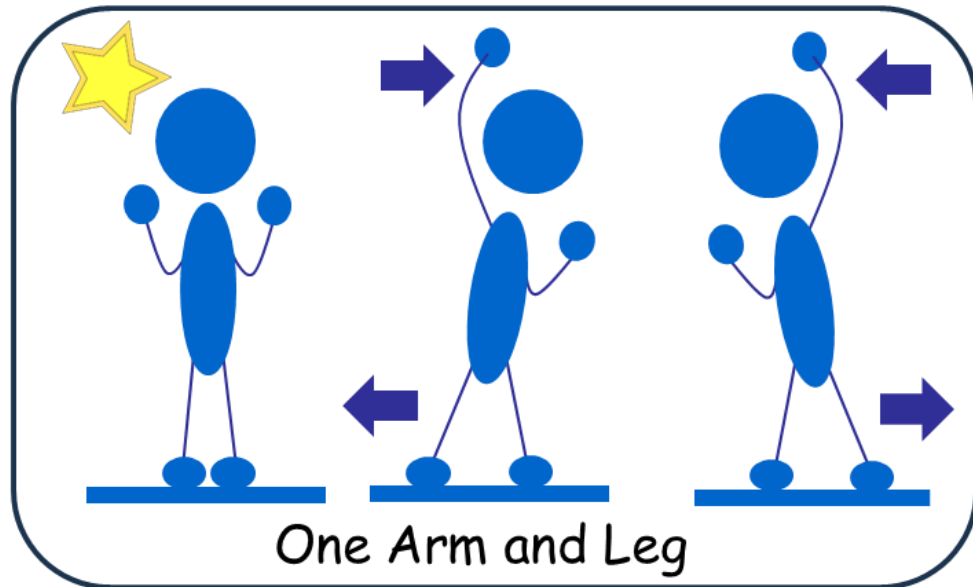
1. Feet together
2. Jump with both **feet**
  - Bend arms and swing with jump
  - Hands in front of chest
3. Increase speed
4. Body stays over line
5. Feet land as close to line as possible

**Cardio**

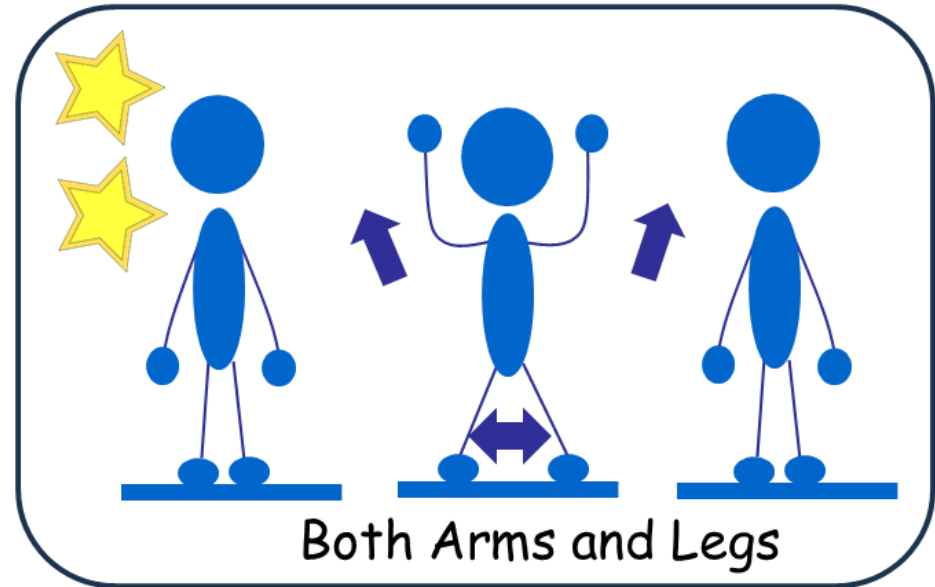
# Jumping Jacks



Teaching  
Alive



One Arm and Leg



Both Arms and Legs

## ★ Technique

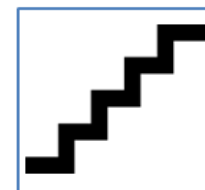
1. Arms bent to shoulder level
2. Feet together
3. Right arm reach over head to left
  - Right leg step to side
4. Return to starting position
5. Repeat with left arm and leg

## ★★ Technique

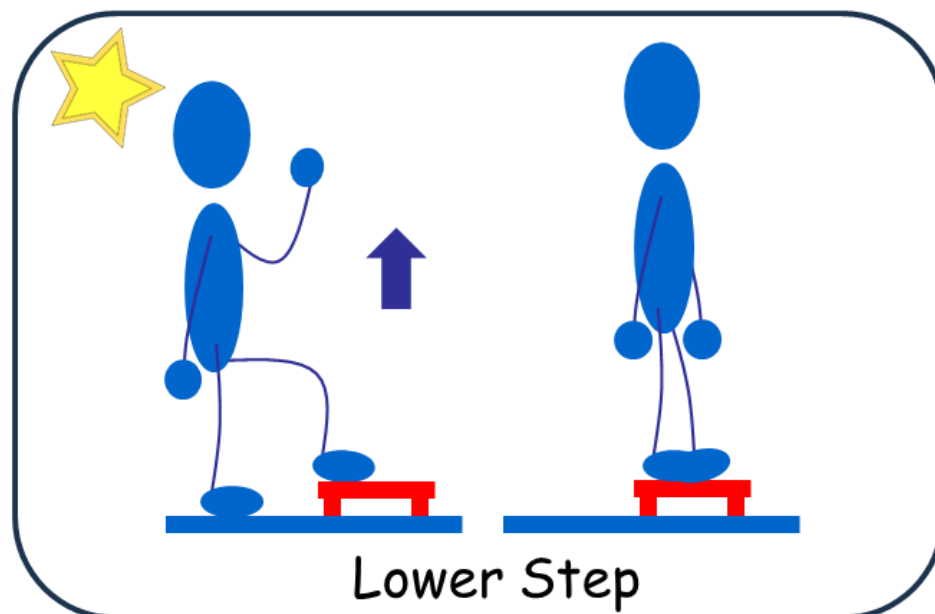
1. Arms at side
2. Feet together
3. Jump
  - Legs apart
  - Arms bent and both up to head level
4. Jump back to start position

## Legs

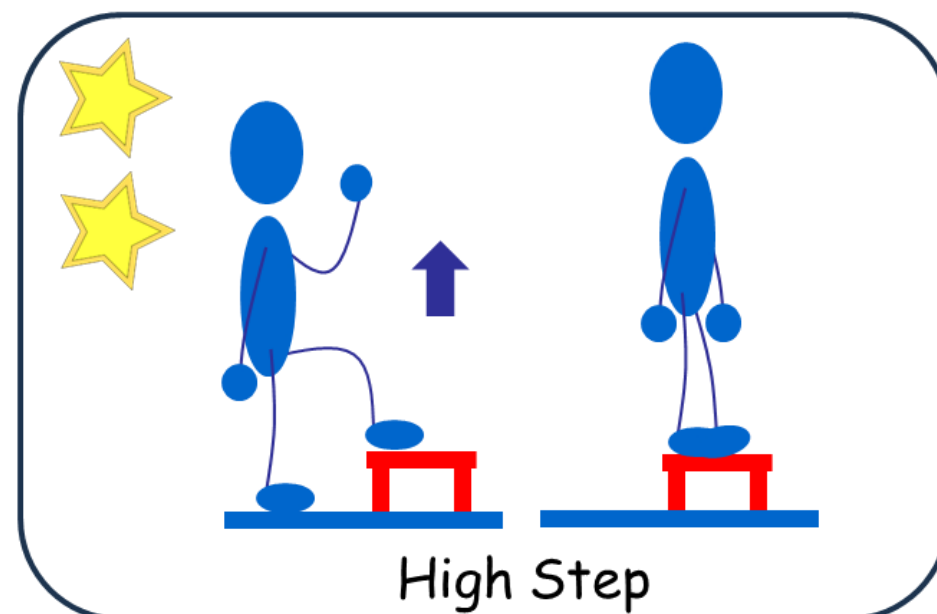
# Step Ups



Teaching  
Alive



Lower Step



High Step

### ★ ★ Technique

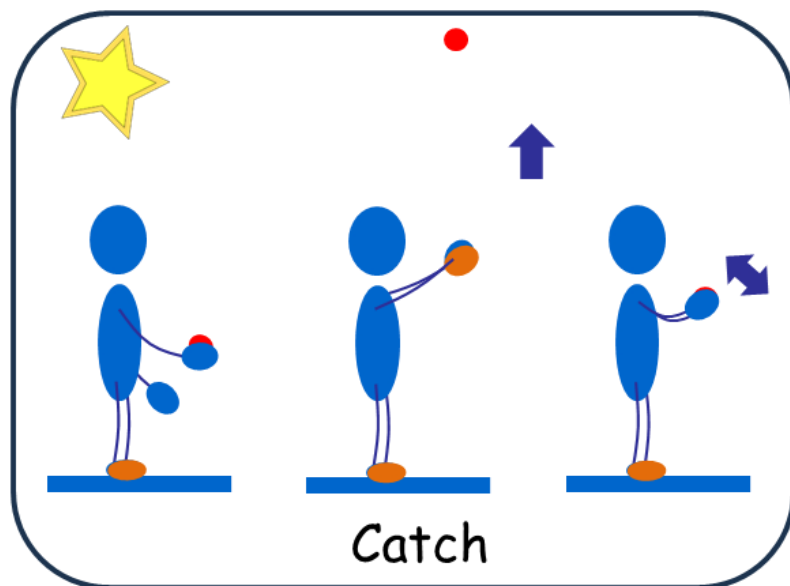
1. Feet hips width apart
2. Knee in line with toes
3. Step up with foot flat on bench
4. Straighten leg to raise body
5. Other foot flat on bench
6. Step back down
7. Repeat starting with opposite foot

## Arms

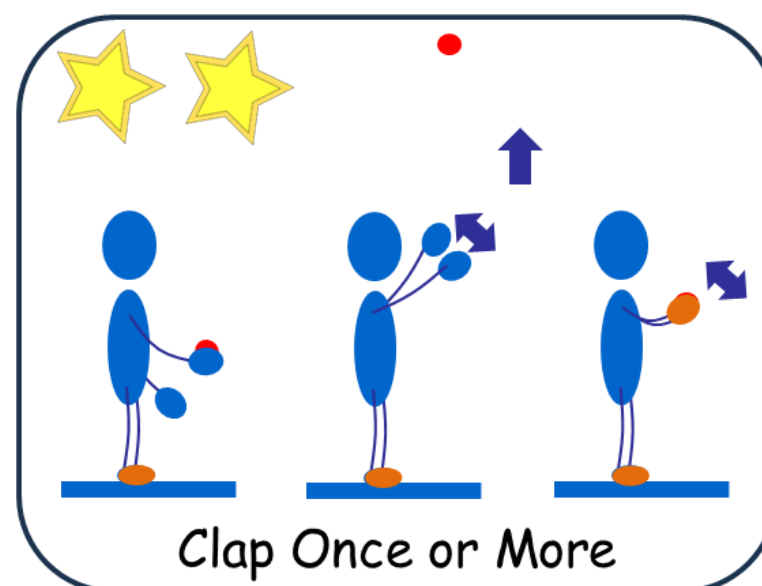
# Throw Clap Catch



Teaching  
Alive



Catch



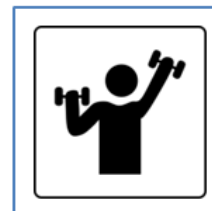
Clap Once or More

## ☆☆ Technique

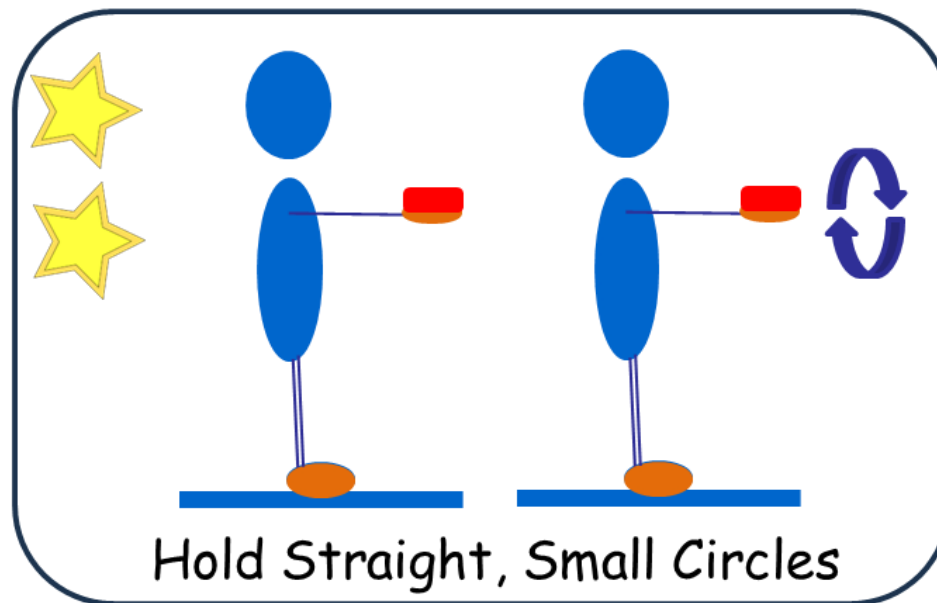
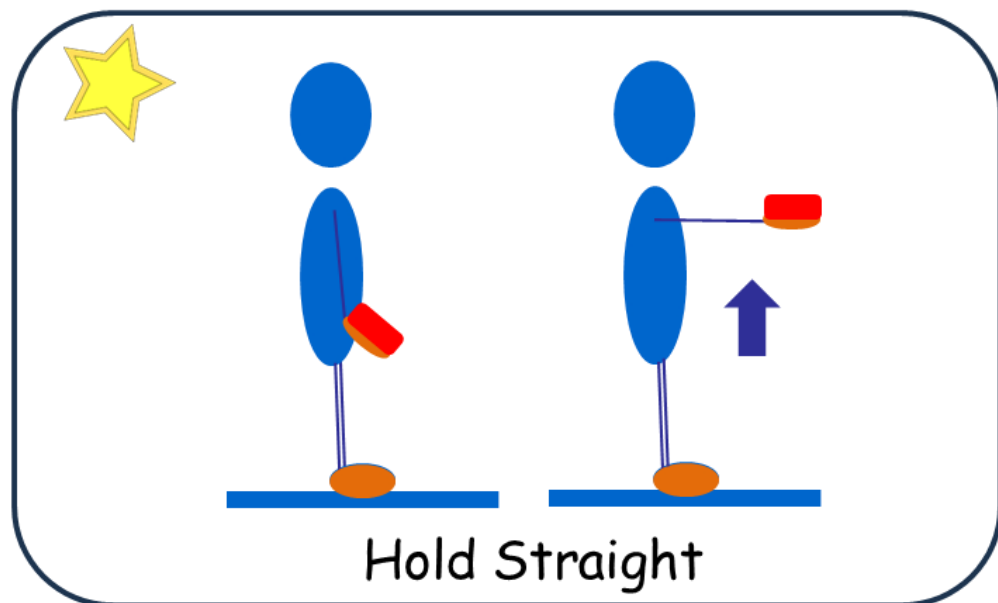
1. Relaxed grip
2. Feet shoulder width apart
3. Knees slightly bent
4. Ball in one hand
  - Stretch arm out
  - In-line with stomach
5. Throw ball up
  - Track ball with eyes
  - Clap
6. Catch ball
  - Little fingers together
  - Soft hands
  - Close thumbs

## Arms

# Front Raise



Teaching  
Alive



### ☆☆ Technique

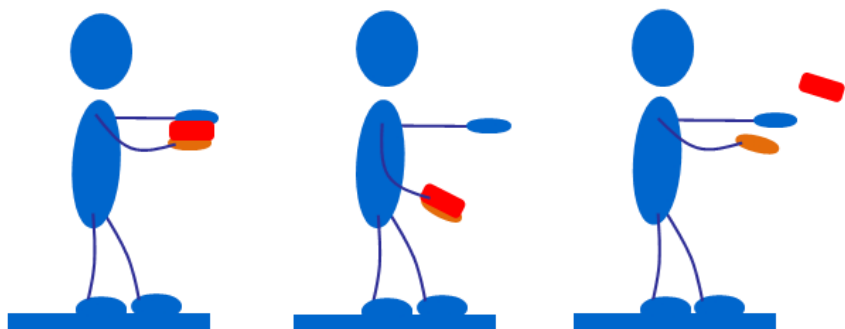
1. **Feet** hip width apart
2. Bean bag or ball in both **hands**
3. **Arms** straight
4. Raise **arms** straight in front of you
  - Parallel to floor
5. Hold
  - Rotate **hands** in small circles

## Arms

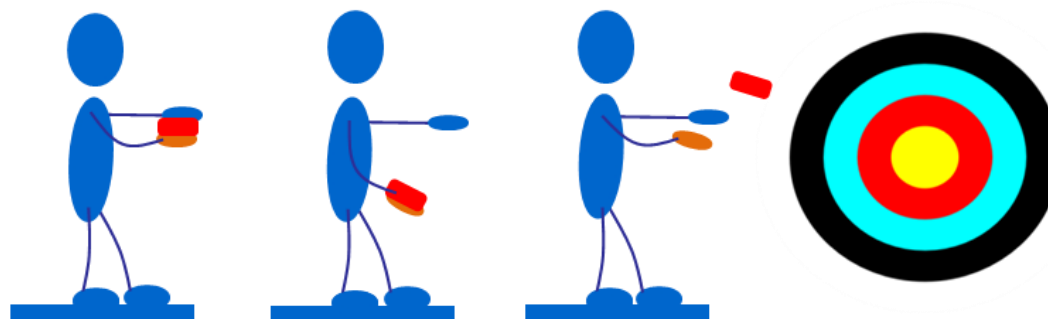
# Target Practice



Teaching  
Alive



Larger and Closer Target



One or More Targets

### ★ Technique ★★

1. Bean bag in **throwing hand**
2. One foot forward
3. Other hand straight to aim
4. Swing **throwing hand** backwards and release

1

2

3

4



5

6

7

8

9

10

11

12