

9 Exercise Circuit Training Techniques



Shuttle Runs

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

Spotty Dogs

★		★★	
1. Stand straight, arms by side	4. Favourite arm stays down	1. Stand straight, arms by side	4. Favourite arm stays down
2. Jump favourite leg forward	• Other arm goes up half way	2. Jump favourite leg forward	• Other arm goes up
3. Jump other leg backward		3. Jump other leg backward	

Leg Lunges

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

Burpees

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

Squats

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

Plank

★		★★★	
1. Bent knees touch floor	3. Elbows under shoulders	1. Toes and forearms touch floor	3. Look at floor
2. Forearms touch floor	4. Look at floor	2. Elbows under shoulders	

Superman

★		★★★	
1. Flat on stomach	4. Hold for 1-2 seconds	1. Flat on stomach	4. Hold for 1-2 seconds
2. Arms by side		2. Arms straight out	
3. Stretch arms and legs straight out	5. Relax legs and return arms to side	3. Raise both arms and legs off the floor	5. Return arms and legs to floor

Push Ups

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

Sit Ups

★		★★★	
1. Back on floor	5. Curl your shoulders and upper back from the floor	1. Back on floor	5. Lift chest
2. Bend knees		2. Bend knees	6. Elbows in to hover by thighs
3. Feet flat		3. Feet flat	7. Lower back
4. Hands bent to head		4. Hands bent to head	

12 Exercise Circuit Training Techniques



Shuttle Runs

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2. Relax your shoulders	7. Balls of feet	2. Relax your shoulders	7. Balls of feet
3. Open palms	8. Knees up	3. Open palms	8. Comfortable long stride
4. "Back elbow to sky, front thumb to eye"	parallel to ground	4. "Back elbow to sky, front thumb to eye"	9. Knees parallel to ground
5. Arms same time as legs	9. Run on spot	5. Arms same time as legs	

Spotty Dogs

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

Leg Lunges

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

Burpees

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

Squats

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

Star Jumps

★		★★★	
1. Bends knees and touch feet with hands	3. Land	1. Bends knees and touch feet with hands	3. Land
2. Jump up	• Bend knees and touch feet with hands	2. Jump up	• Bend knees and touch feet with hands
• Arms and legs straight and tight		• Form an "X" with arms and legs	

Plank

★		★★★	
1. Bent knees touch floor	3. Elbows under shoulders	1. Toes and forearms touch floor	3. Look at floor
2. Forearms touch floor	4. Look at floor	2. Elbows under shoulders	

Superman

★		★★★	
1. Flat on stomach	4. Hold for 1-2 seconds	1. Flat on stomach	4. Hold for 1-2 seconds
2. Arms by side	5. Relax legs and return arms to side	2. Arms straight out	5. Return arms and legs to floor
3. Stretch arms and legs straight out		3. Raise both arms and legs off the floor	

Push Ups

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

Sit Ups

★		★★★	
1. Back on floor	5. Curl your shoulders and upper back from the floor	1. Back on floor	5. Lift chest
2. Bend knees		2. Bend knees	6. Elbows in to hover by thighs
3. Feet flat		3. Feet flat	7. Lower back
4. Hands bent to head		4. Hands bent to head	

Hula Hoop Ball Roll

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

Bench Dips

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

Extra Exercise Circuit Training Techniques



Tuck Jumps

★		★★★	
1. Feet shoulder width apart	6. Swing your arms back parallel to floor	1. Feet shoulder width apart	6. Push up and jump straight
2. Arms up to sky straight		2. Arms up to sky straight	7. Arms come up in front parallel to floor
3. Stand on toes and stretch		3. Crouch, bending your hips and knees	8. Knees bent, tucking under your chest
4. Down to crouch, bending your hips and knees		4. Chest lined up with toes	9. Bend your hips and knees as you land
5. Chest lined up with toes		5. Swing your arms back parallel to floor	

Skipping

★★★ and ★★★

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

Mountain Climber

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

Line Jump



1. Feet together	4. Hands in front of chest	1. Feet together	5. Increase speed
2. Jump with both feet	5. Bend knees to land	2. Jump with both feet	6. Body stays over line
3. Bend arms and swing with jump		3. Bend arms and swing with jump	7. Feet land as close to line as possible
		4. Hands in front of chest	

Jumping Jacks



1. Arms bent to shoulder level	4. Right leg step to side	1. Arms at side	5. Arms bent and both up to head level
2. Feet together	5. Return to starting position	2. Feet together	6. Jump back to start position
3. Right arm reach over head to left	6. Repeat with left arm and leg	3. Jump	
		4. Legs apart	

Step Ups



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

Throw Clap Catch



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

Front Raise



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

Target Practice



and



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

Stretching Techniques



Shoulder Stretch

1. Bring one arm across the body and place the other hand on the elbow.
2. Pull the elbow across the body until a stretch is felt at the rear of the shoulder joint and at the back of the arm.

Triceps Stretch

1. Reach up with one arm and place your hand behind your neck so that your elbow is pointing upwards.
2. Use your other arm to push the elbow down.

Hip Flexor Stretch

1. Kneel down on one knee and place the foot of the other leg out in front of you with the knee bent.
2. If needed, hold on to something to keep your balance. Push your hips forward.

Overhead Stretch

1. Stand up straight with your arms up above your head.
2. Reach up as high as you can.

Chest Stretch

1. Standing tall, take your arms behind you and hold the hands together.
2. Push the hands away from your body and feel the stretch through the chest and upper arms.

Hamstring Stretch

1. Sit on the floor.
2. Move right leg out in front with the toes pointing upwards.
3. Put the sole of your left foot onto the side of your knee and hold with the left hand.
4. Reach towards the toes of your outstretched leg with right hand.

Child's Pose

1. Kneel and bend forward reaching out with your hands.
2. Lower your head to the ground.

Quadriceps Stretch

1. Stand tall and grasp one ankle to the rear.
2. Keep both knees together.
3. Hold onto a nearby object or a wall to maintain balance and stability.

Cobra Pose

1. Lie face down on the ground.
2. Place your hands next to your shoulders and push yourself up.
3. Keep your hips on the ground and look straight forwards.

Thigh Hug

1. Lie on your back and pull one knee up to your chest whilst the other is straight on the ground.