

Circuit Training

Groups members: Joey Filipic, Rebecca Klein, Austin Cortina, and Chris Cochrane

Group Stretch (3-5min)

As a group students will slowly/safely stretch their arm, leg, core, back, and neck muscles. This will be the start of a gradual process as to not put any strain on the body. This is done as a class spread out in the gym.

Dynamic Warm-Up (5-10min)

Students will then be divided into two groups; group A and group B. Then students will be asked to do a series of dynamic movements across the gym in their group. Group A will start at the blue line and perform the movement to the first yellow line. Then they will jog from the yellow line to the second yellow line (marked with pilons). From the second yellow line to the blue line they will perform the exercises again. Group B will start their session when Group A begins the running segment. This dynamic warm-up will help prepare them for the circuits they will be participating next in. Some dynamic exercises that will be performed high knee runs, butt kicks, open/close the gates, lunges etc.

Circuit Training (10-15min)

The exercises in the circuit:

1. Push-Ups
2. Burpees
3. Squats
4. Sit-Ups
5. Ski-Jumps
6. Stretching
7. Jumping Jacks (and variations)

The instructors will demonstrate the proper and improper ways to perform each exercise in the circuit. They will also show modifications for students who may be struggling to perform the exercises. The students will then be put into four groups stationed at four areas in the gym. Within these areas, the students will be performing the circuit. Each student will find a spot in the circuit. Each spot will be marked and have instructions/pictures reminding them how to complete this exercise. The instructor in the circuit will also be available to model each exercise and supervise the students. The students will complete an exercise as many times as they can within one minute. There will be a signal to switch and the students switch to another exercise (at a different spot) within the circuit. This pattern will continue until the students have cycled through all the spots of the circuit.

Cool Down (5-7min)

Students will jog 3-4 laps of the gym to discourage lactic acid buildup. Once they have all ran laps, a cool down exercise will take place. In this cool down stretch, students will perform various dynamic stretches as done in the warm-up activity. The only difference is that between movements the students will walk instead of jogging. Some possible cool down exercises include, but are not limited to; toe pointed up hamstring walking stretch, walking thigh stretch, lunges to stretch hip-flexors, etc. Students should not sit down or rest unless they feel sick or are injured. This cool down period is to encourage the release of lactic acid. The students are informed that the extra three minutes of work will help them not feel sore in the future!