

## 3-2-1 CIRCUIT TRAINING

Equipment Needed: Stopwatch/timer for Physical Training Leader (PTL), whistle

Location: Indoors: gym floor

1. PTL will conduct warm up exercises with entire group.
2. 3-2-1 is performed as 3 minutes aerobic conditioning followed by 2 minutes muscular endurance conditioning, followed by 1 minute intense anaerobic conditioning. This process repeats itself over and over for a minimum of 30 minutes.
3. Following are components of the Aerobic Conditioning:
  - a. March narrow 8x
  - b. March wide 8x
  - c. Side step side to side 16x
  - d. Jumping Jacks 8x (may do modified if necessary)
  - e. Side step forward 4x
  - f. Jumping Jacks 8x (may do modified if necessary)
  - g. Campfires (simulate hopping side to side over a camp fire) 8x(Repeat these moves until 3 minutes has gone by.)
4. Following are components of the Muscular Endurance Conditioning:
  - a. Squat 8x
  - b. Pulse squat 8x
  - c. Squat 8x
  - d. Pulse squat 16x
  - e. Lateral split squat (squatting side to side) 16x
  - f. Backward lunging 16x(Repeat these moves over until 2 minutes has gone by.)
5. Following is the Anaerobic conditioning:
  - a. Jump rope for 1 minute(Repeat 3-2-1 series for minimum of 30 minutes)
6. PTL conducts cool down exercises and stretches with entire group.