

Circuit Instructions

1. Warm up by walking briskly or jogging slowly for 5-10 minutes.
2. Stretch the entire body by following stretching guidelines on the attached handout.
3. Each station has 2 exercises. Perform each exercise for 1 minute, spending a total of 2 minutes at each station.
4. Rotate to perimeter for 2 minutes of aerobic activity (walk, jog, running, etc) in between each station.
5. Continue to rotate until physical training is complete. Do not skip stations as this will confuse other members.
6. Finish with a 3-5 minute cool down period consisting of walking and followed by a post exercise stretching session.

“In & Out” Circuit Set Up

- Place **bands** at stations 1,2,4,5,7,8, 10,11; **mats** at stations 3, 9
- Place the instruction sheet cover at each station for member reference (secure cover sheet if outside)
- Inform Members of Band Resistance Levels (colors)
 - **Red Band = Light**
 - **Yellow Band = Intermediate**
 - **Green Band = Heavy**
- Capacity to handle up to 48 people for this circuit
 - 12 stations (2 people per station) = 24 people in Group A
 - 24 people in Group B on perimeter doing aerobic exercise
 - Have each group “switch” from station to perimeter every 2 minutes
 - Have members continue rotation in order (don’t skip stations) in an “in” (bands/callisthenic stations) to “out” perimeter aerobic exercise format
 - Continue the “in and out” rotation until exercise time is completed

A. Wide Squats
B. Calf Raise

A. Shoulder Press
B. Bicep Curl

A&B Crunches
(lock ankles)

A. Push up
B. Seated Row

A. Mountain
Climbers
B. Side Jumps/Steps

2 minutes per station

Perform 2 minutes of aerobic
activity on the perimeter in
between each station

A. Reverse Lunges
B. Side Raise

A. Chest Press
B. Shoulder Shrug

Bands at Green stations

Calisthenics at Blue

A. Squat Thrust
B. Jumping Jacks

Mats at stations 3 and 9

A. Upper Row
B. Half Squats

A. Plank
B. Reverse Crunch

A. Overhead Arm
Extension
B. Bicep Curls

A. Narrow Push up
B. Upright Row

Fitness Bag Contents

- 10 Red “Light” Resistance Tubing
- 10 Yellow “Moderate” Resistance Tubing
- 10 Green “Hard” Resistance Tubing
- 10 Grey “Heavy” Resistance Tubing
- 1 SyncWalk (Stopwatch)
- 10 Red Handle “Short” Jump Ropes
- 10 Black Handle “Medium” Jump Ropes
- 10 Green Handle “Long” Jump Ropes
- 10 Grey Dynabands
- 10 Green Dynabands