

FITNESS CHALLENGE

WEEK THREE

Circuit Training

This week you are going to be completing a new circuit. Mark out your individual circuit space. This can be between 4 - 8 stations depending on space.

Pick exercises for each station, examples of body weight strength exercises include:

Key Stage 1:

- Knee Tucks
- Heel Flicks
- Chest Press
- Sideways Jumping
- Hopping
- Wall Sit
- Arm Circles

Key Stage 2:

- Press Up
- Sit up
- Squats
- Lunges
- Burpees
- Crunches
- High Knees

Each station should last for 30 seconds followed by a 30 second break before moving to the next station. Pick how many rounds you would like to do, remember that you should be out of breath by the end of the training. We recommend you do 3-5 rounds.

Adapt the session to make it harder by increasing the number of stations. You could add your own exercises. e.g. mountain climbers, high knees, running punches, squat jumps etc.

Here is a video example of each exercise:

CLICK HERE