

SAG 2008
Creative Cardio and Strength Training Circuits
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When setting up a circuit or station workouts, it is much friendlier on you and your students if you keep the variety of the exercises to a minimum. First off, it takes time to explain and demo the exercises and the students have to remember how to do them all. If you have too many different exercises, you will be frantically explaining and demonstrating once the workout has begun.

Circle Workouts:

Limited Space with a healthy number of participants:

These are great because you do not need a huge area, and the groups do about 5 different exercises, repeated 4 times in the circle.

You will pick 5-6 different exercises depending on your numbers. You will place 5 different exercises in a half circle and then repeat the exact 5 exercises in the same order to complete a full circle. The students will start at one of the exercises and go around the circle twice. Therefore, they will do each exercise 4 times.

This is lead by the teacher who calls out when a 30-45 sec interval is complete. You can have as many circles needed going at one time to accommodate your numbers.

It is easy to explain, you are only demonstrating 5-6 exercises and then they get right down to working out.

I tell my students the first time going through the exercises, they are doing about a 6 out of 10 exertion or 60% of maximum, then the second time is 70-75% and then the last 2 times should be in the 90-100% exertion.

Example of 5 exercises: (this would accommodate 10 per group)

1. Bosu ball Get up/ Get down w/ shoulder press (med ball or a dumbbell)
 2. Skipping
 3. Isometric. Half Push Up on Stability ball
 4. Mountain Climb with Sliders
 5. Medicine Ball Wood Chopper with Lunge
- (So you need 2 bosu balls, 4 med balls, 8 sliders, 2 stability balls, 2 skipping ropes)

Now if you needed to put 12 per group you could add another skipping to make it really easy, or just a couple of mats for crunches, plank, etc.

Front of Room/Back of Room Intervals:

This can be done in a small gym, a fitness room, does not have to be a full size gym.

Whatever your size of class is will determine the number of exercises to be posted at the front.

If you have 24 in your class, you will need 6 different exercises, repeated.

You will also need 12 pieces of equipment of your cardio choice. For instance, 12 skipping ropes, 12 steps, or room for 12 low impact aerobic participants in order to get their heart rates in the target heart rate zone. I have also done this when I have a couple of flights of stairs to run or an outside door to a field where they can run outside. If you do have the gym, the students can power walk, jog, run for the allotted time around the gym.

The exercises at the front will be similar to the circle workout where there will be 6 different exercise and then they will be repeated again so this time each participant would do each exercise 2 times instead of 4.

Simple instructions which are explained and demonstrated in a short amount of time are friendly to everyone. This is a timed interval so change at determined time.

Now the cardio portion will be more teacher directed if it is on the step, skipping or a low impact cardio workout.

So for instance, I will have 12 steps or 12 skipping ropes laid out at the back of the room (not too far from the front group as you will be constantly motivating /instructing the entire group)

Often, I will post on the wall the order of the cardio workout. You can make up 12 different options or have 6 that will be repeated.

Skipping Example: this example would be repeated

1. Regular Skipping
2. Skip 10 times on Right / 10 on left
3. Speed Skip
4. Cross over Skip
5. Knees up skipping
6. Jumping Jack skip

Step Example: this example would not be repeated

(One riser maximum)

1. Travel Knee
2. Travel Repeater Knee
3. Travel Hamstring
4. Travel Repeater Hamstring
5. Jog on, Step off
6. Jog on, Step off, 2 Jumping Jacks on Floor
7. Travel L/T step
8. Shoot Across the top
9. Straddle down, Jump up
10. Knee straddle
11. Knee Repeater Straddle
12. Speed Straddle

Low Impact Aerobics:

I would do very basic combinations and add on...

For example:

1. 3 grapevines, one step touch.
 2. #1 plus 4 travel knees and 4 hamstring curls
 3. #1 and 2 plus cross/double knee with step touch x2
- Continue to add.or start a whole new sequence at 6 together.

Some ideas for the strength exercises...

I like to incorporate compound exercises, ones that employ many groups of muscle so you get the most out of your time.

1. Squat with a medicine ball push
 2. Knee Cross on Bosu in Push up position
 3. Ballast ball shake
 4. Stability ball pass from hands to feet
 5. Back lunge on slider with shoulder press (with tubing, bands, slastix)
 6. One leg bent over dumbbell row.(need 2 heavy dumbbells)
- (for #5 and 6, do one leg and then the other second time on exercise)

Partner Workout:

Large Numbers with a Large Gym space: Have done this with 60+ students in full gym.

Partners line up at long end of gym.

While on jogs to end of gym and back the other one does a muscular endurance activity. They will do each exercise for the length of time it takes their partner to run to the end of the gym and back. They will do 3 sets of each exercise before moving onto the next exercise.

Exercises: (3 sets of each)

1. Tricep dips on bench
2. Calf Raises on bench
3. Wall sit
4. Crunches
5. Push-ups
6. Plank
7. Bicycles
8. Lunges
9. Squats

Add or take away exercises depending on your time limit or the fitness level of your class. Your other option is to have the students do fewer or more sets of each exercise.

This is easy to explain, and most exercises the students are familiar with already.

I usually have this written on the white board or poster paper so they can refer to the list to see which exercise they are doing next.

For all of the workouts, I usually have music that is upbeat and motivating playing during the class.

If you have any questions, please feel free to email at lisa.hill@lrsd.net.

