

# Super Circuit # 1

Super Circuit # 1 involves 3 small groups of 9 people, 3 mini circuits with 3 stations per mini circuit and group play activity

Participants spend 1 minute at each station in mini circuit and complete the mini circuit twice = 6 minutes/mini circuit

At the end of the 6 minutes the whole group comes together to do a group activity - this is a great time to introduce exercises that may require supervision or more detailed instructions

"Group Play" is 2 - 5 minutes in length.

After Group Play the small group completes next mini circuit followed again by group play. This continues until all mini circuits have been completed

Approximate Circuit time = 50 - 60minute

10 minutes instruction

5 minutes warm up

33 minutes circuit

5 minutes group cool down

Work out Site # 1

Push ups

Tubing Pull down

Squat Jump

Work out Site # 2

Tubing Shoulder Press

Biceps Curl

Toe Taps

Work out Site # 3  
Tubing Triceps Kickback  
Body Bar Hamstring Curl  
BOSU hop

## Super Circuit # 2

Super Circuit # 2 involves larger groups (6- 7 participants/group) at a station ( 8 stations) and 4 cardiovascular stations

Participants spend 1 minute at each station and complete 2 stations = 2 minutes

Each group then completes one of the 4 cardio station = 3minutes and then returns to complete the next two stations on the circuit. This is followed by another cardio station.

Participants continue to revolve this pattern until all stations are completed and then repeat entire circuit again

Total circuit time = 50 - 60 minutes  
10 minutes instruction time  
5 minutes warm up  
30 minutes circuit  
5 minutes cool down

Tubing Chest Press  
One Arm Body Bar Row  
Medicine Ball Press with Lunge  
Body Bar Biceps Curl  
Narrow Grip Push up  
Lunges with Lateral Raise  
Foam Roller Crunches  
Plank

Cardio Stations

Skipping Ropes

Agility Ladder

Cones

Benches

## Super Circuit #3

Set up 20 stations

Group warm up = 5minutes

Begin circuit

First 5 -7 minutes of circuit = 30 seconds at each station

Next 15 - 20 minutes of circuit 45 seconds at each station

Last 5 - 7 minutes of circuit 30 seconds at each station

Randomly include 2 minute bombs (extended time at the station) throughout the workout

Circuit could include:

Push ups

Ball crunches

Skipping

Walking lunges

Lunges with Biceps curls

Ball Squeeze

Overhead triceps extension with tubing or dumbbells

Ski Hop

Biceps curl with tubing and side leg Abduction

Football drill on BOSU

Concentration curl over a ball

Ball Pull in

Walk around push up

Jumping Jacks

Side squat with Dynaband

Front shoulder raise

Lunges with body bar to shoulder press

Obliques

Plank

BOSU balance work

Change the exercises every 4 - 6 weeks

Change variables in the exercises by increasing tempo of exercises, length of intervals, vary intensity, number of circuits performed etc.

The possibilities are endless - make a plan for the 4 - 6 week circuit including the variables you will change and when the changes will occur

Have fun and be creative

Thank you for attending

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