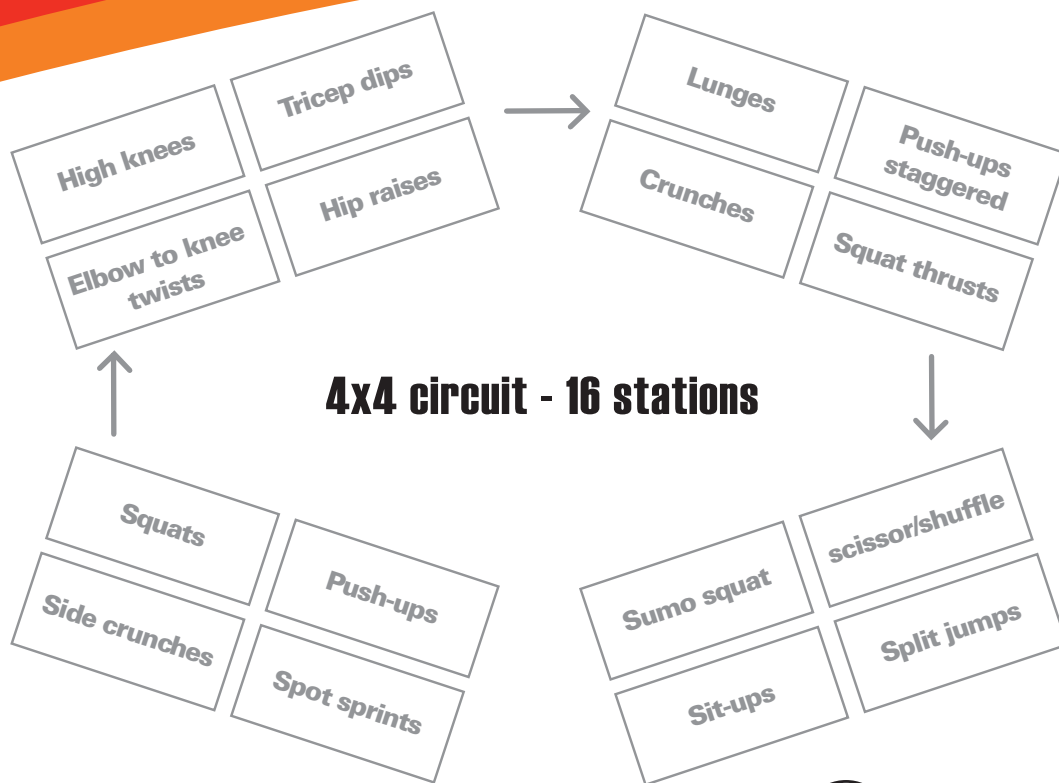


Body Weight circuits!



Name of circuit: 4x4 circuit

Number of stations: 16

The number of stations can be more or less to suit the individual or group

Number of circuits: 2-3

Allowing for 1 minute stations and 30 seconds recovery. Total circuit time is 24 minutes. This is excluding warm-up and cool-down. The number of circuits can be adjusted according to time available and fitness levels of individual or group.

Equipment required: 4/6 Mats or towels for abdominals and push-ups

(this is allowing for one person per station).

Warm-up: 5-10 min duration

Ensure participants mobilise and stretch all major muscle groups that will be used in this circuit.

Cool-down: 5-10 min duration

Ensure participants adequately stretch all major muscle groups that have been used in this circuit.



Think about

- Fitness and strength of individual or group.
- In a group situation, keep the stations within a reasonable distance, so participants can be monitored. ie: outdoors.



Look out for

- Technique - Never sacrifice technique for speed
- Individuals capability to perform exercises correctly
- Training area, non slip floors, a safe sound surface if outdoors. ie: check for broken glass, etc or uneven surfaces.



Handy tips

- Encourage individuals to work at their own pace
- Be aware of past/current injuries or conditions that may affect the ability to perform an exercise.
- Offer alternative levels of difficulty. ie split jumps become alternative lunges
- If outdoors encourage hats, sunscreen and water bottles.

