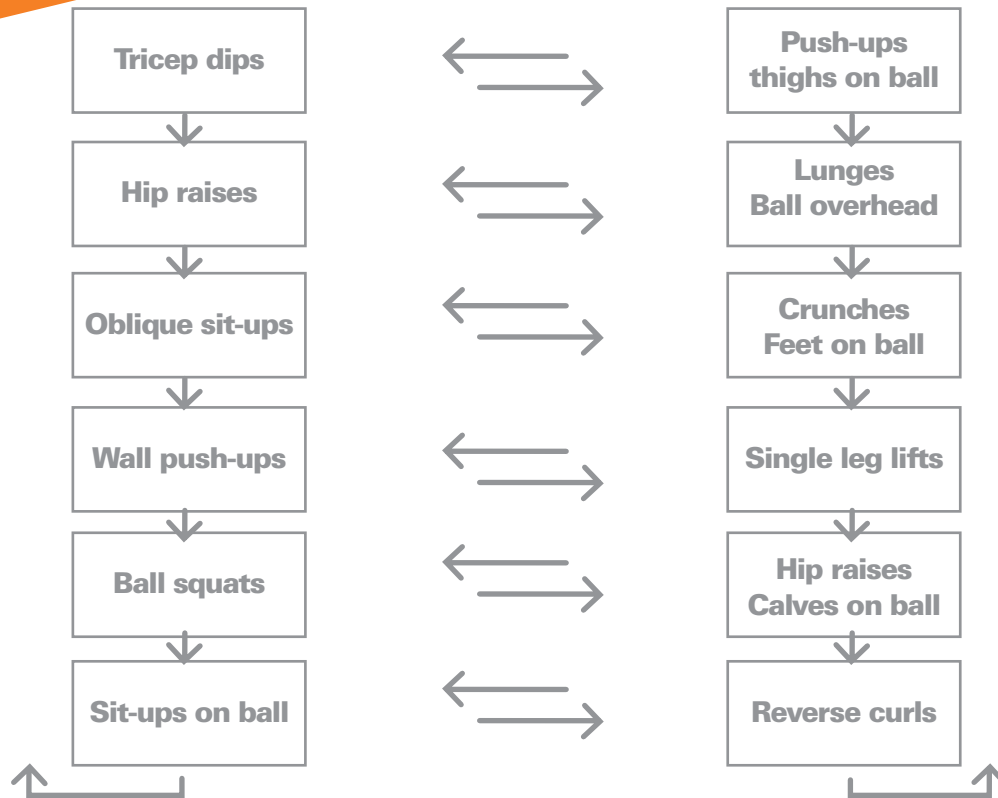


Gym Ball circuits!



Name of circuit: Double up circuit

Number of stations: 12

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 20 seconds recovery. Total circuit time is 16 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: 12 x gym balls, 7 stretch mats or towels

(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 ability of individual or group.
- Is there a choice in size of gym balls.
- Sufficient space between circuit stations.



Look out for

- Technique - Never sacrifice technique for speed.
- Individuals capability to perform the certain exercise.
- Participants using correct ball size.



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.
- Maintain correct posture and core stability.