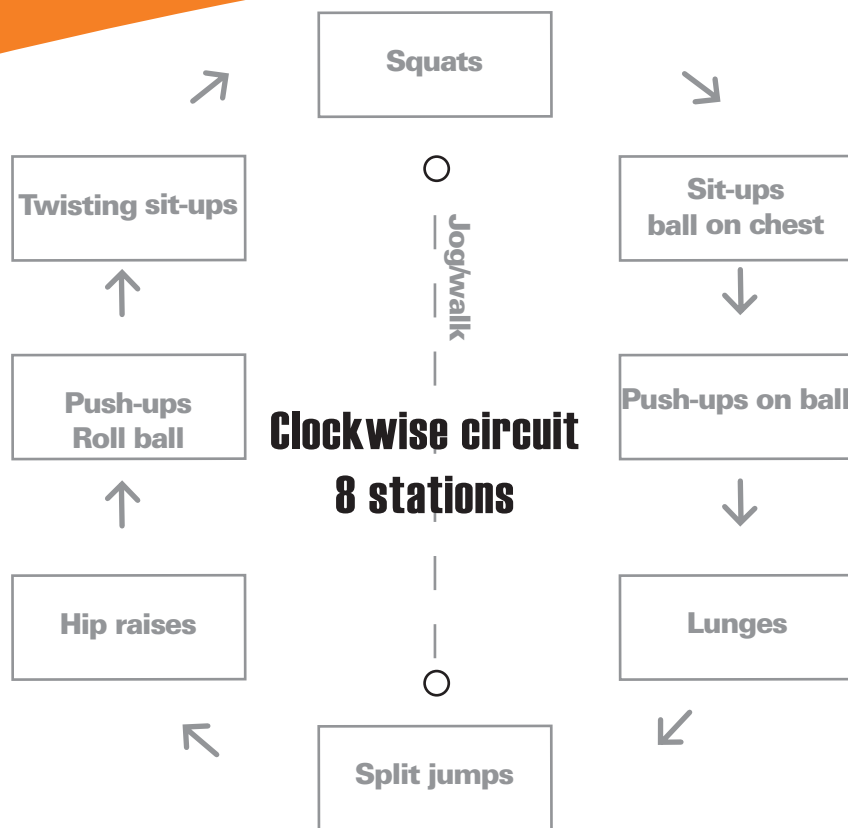


Medicine Ball circuits!



Name of circuit: Clockwise circuit

Number of stations: 8

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 of circuit time is 12 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: 8 x medicine balls, 4/6 mats (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.
- Is there a choice of weight in medicine balls
- Sufficient space between circuit stations.



Look out for

- Technique - Never sacrifice technique for speed
- Individuals capability to perform specific exercises
- Body alignment and position (modify exercises to suit individuals.



Handy tips

- Encourage individuals to work at their own pace
- Ensure medicine balls are placed in a stationary position before moving onto the next station
- Be aware of past/current injuries or conditions that may affect the ability to perform an exercise.