



**Name of circuit:** Diamond circuit

**Number of stations:** 10

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 15 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:** 10 x powerbags, 3 x 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 strength of individual or group.
- Is there a choice of powerbag weights
- Sufficient space between circuit stations



## Look out for

- Technique - Never sacrifice technique for speed
- Individuals capability to lift powerbag.



## 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.

