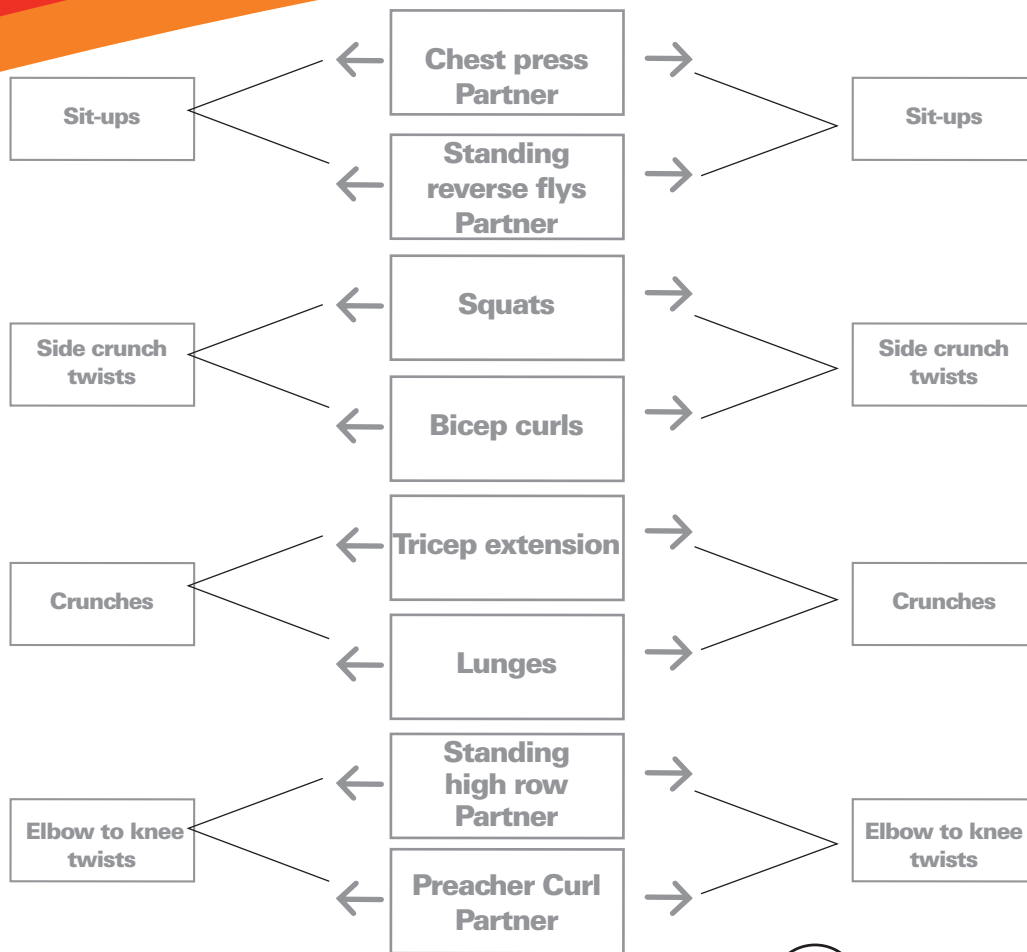


# Resistance Band circuits!



**Name of circuit:** Mirror 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 on abdominal stations. 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:** 16 x resistance bands, 8 stretch mats or towels (this is allowing for two people 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 in levels of resistance bands
- Sufficient space between circuit stations



## Look out for

- Technique - Never sacrifice technique for speed
- Poor posture and execution of exercise.



## Handy tips

- Partner up with someone of similar fitness/strength levels
- Encourage individuals to work with their partner (same pace)
- Be aware of past/current injuries or conditions that may affect the ability to perform an exercise.

