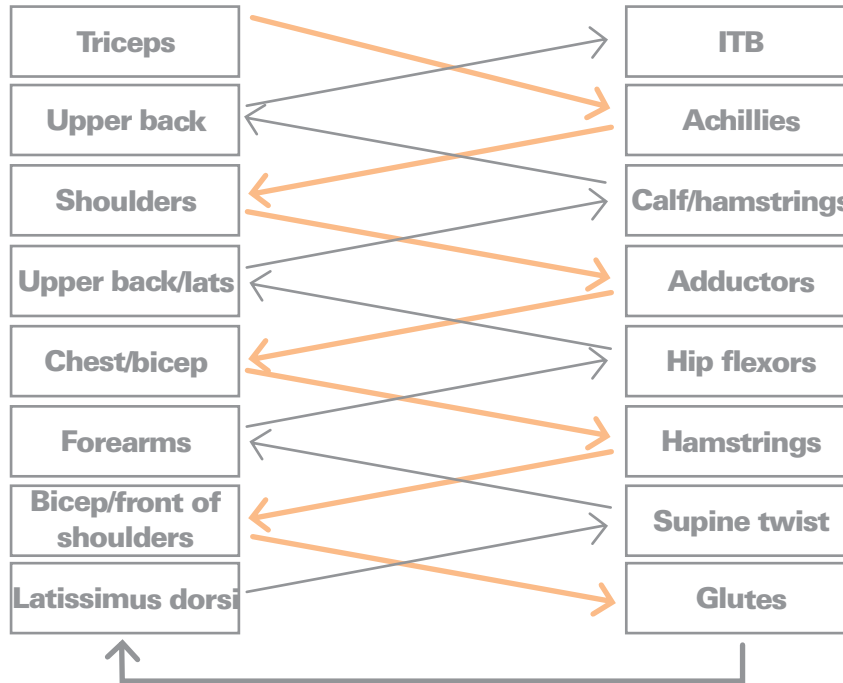


# Stretch circuits!



**Name of circuit:** Zig-Zag circuit

**Number of stations:** 16

**Number of circuits:** 1-2

Allowing for 1 minute stations with a 30 second change over. Total time is 24 minutes. Excluding warm-up time.

**Equipment required:** 16 stretch mats or towels

(this is allowing for one person per station).

**Warm-up:** 5-10 min duration

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

**Cool-down:** 5-10 min duration

Relaxation/Meditation period. This will usually involve soft music, lights down and participants either laying on their mats or sitting against a wall.



## Think about

- Creating a relaxing atmosphere (lighting and music)
- Spacing of stations.



## Look out for

- Individuals technique. Offer alternatives where possible.



## Handy tips

- Encourage individuals to wear loose fitting clothes
- Promote slow controlled breathing
- Ensure individuals stretch within their own range of movement. Encourage towels to be used to assist in stretches. ie: hold towel around feet for hamstring stretch.



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