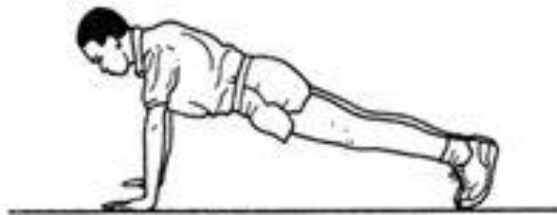


Design a fitness circuit

Use the following exercises to design your own fitness circuit. Think carefully about which order to put the exercises in so the muscle groups are not over used.



Kneeling press-ups

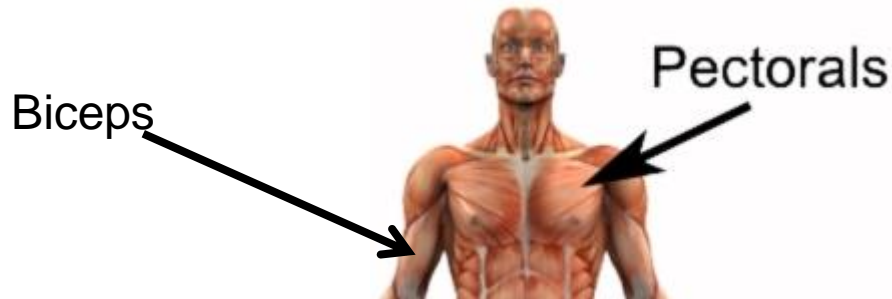


Press-ups



Press-Ups

Press Ups are a body weight exercise working the chest and arms area. Otherwise known as the Pectorals, Biceps and Triceps

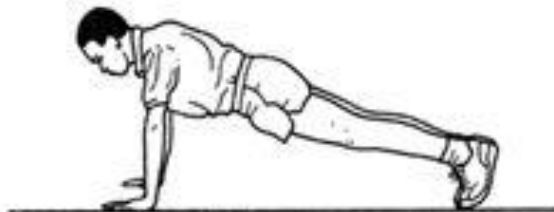


Difficulty 1
Kneeling Press Up



Kneeling press-ups

Difficulty 2
Traditional Press Up



Press-ups

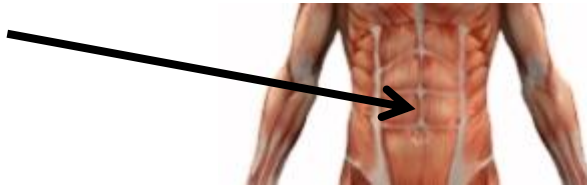
Difficulty 3
Decline Press Up



Sit-Ups

Sit Ups are commonly performed to increase your 'Six Pack'. Otherwise known as your Abdominals or 'Abs'.

Abdominals



Difficulty 1
Traditional Sit Up



Difficulty 2
Leg Raised Sit Up

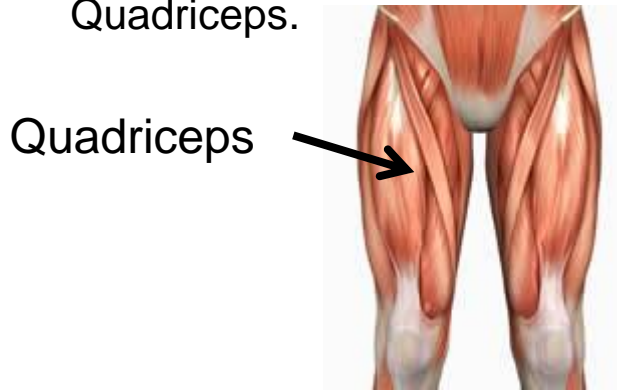


Difficulty 3
Bicycle Sit Up

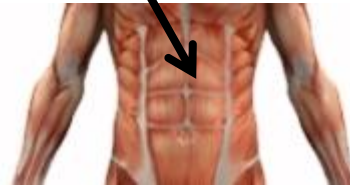


Skipping

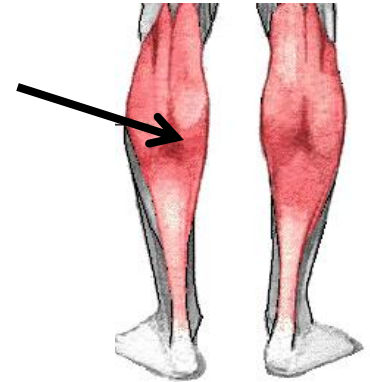
Skipping is an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It use most of the muscles in your legs, arms and core. But the main muscles are the abdominals, calf (Gastrocnemius) and Quadriceps.



Abdominals



Gastrocnemius
(Calf Muscle)



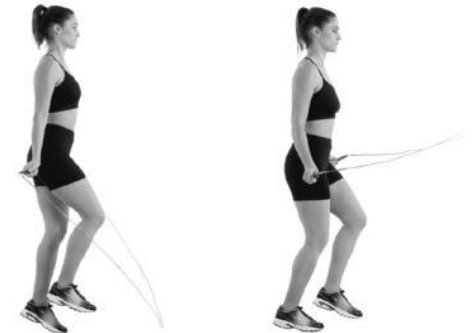
Difficulty 1
Skip – Pause – Skip



Difficulty 2
Continuous Skipping

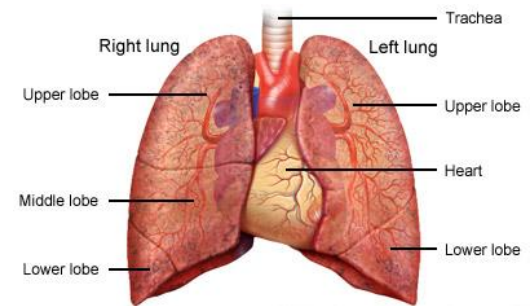
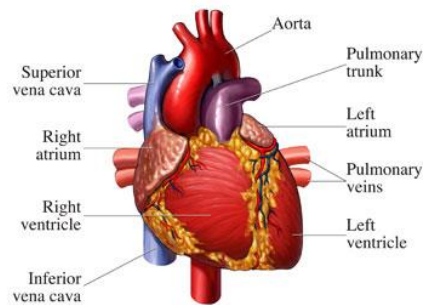


Difficulty 3
Alternate Foot Skipping

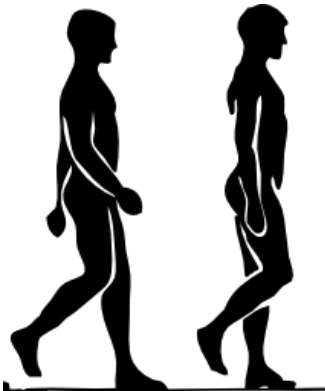


Shuttle Runs

Shuttle runs can be used as a form of cardiovascular training to improve endurance and stamina. It uses the whole body and increases the efficiency of the heart and lungs.



Difficulty 1
Quick Walking



Level 2
Jogging



Difficulty 3
Running



Step Ups

Step Ups are an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It uses the majority of muscles in the legs and the arms. But most of the work is in the Quadriceps.

Quadriceps



- Light Feet
- Head Up
- Knees Up

Difficulty 1
Slow Step Ups



X1

Difficulty 2
Jogging Step Ups



X2
Quicker

Difficulty 3
Fast Step Ups



X3
Quicker

Tricep Dips

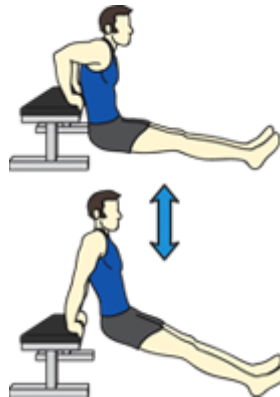
Tricep Dips focus on the upper part of the arm at the back. This exercise isolates (focuses) on the Tricep.



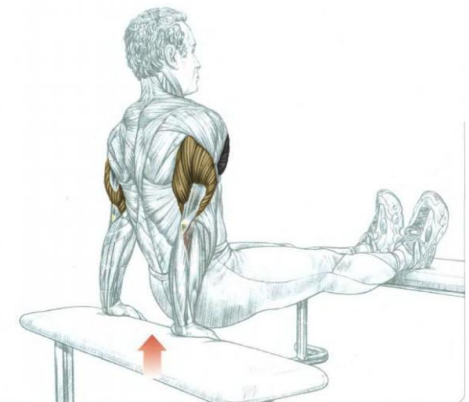
Difficulty 1
Floor Tricep Dips



Difficulty 2
Bench Tricep Dips

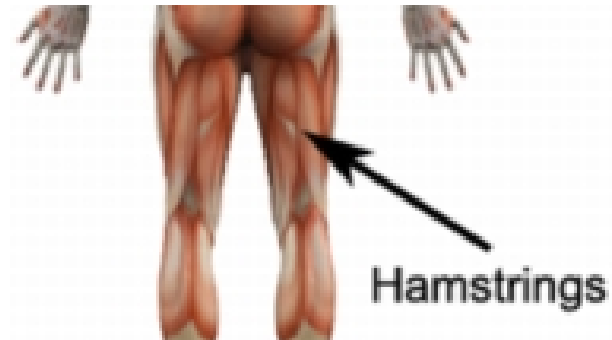
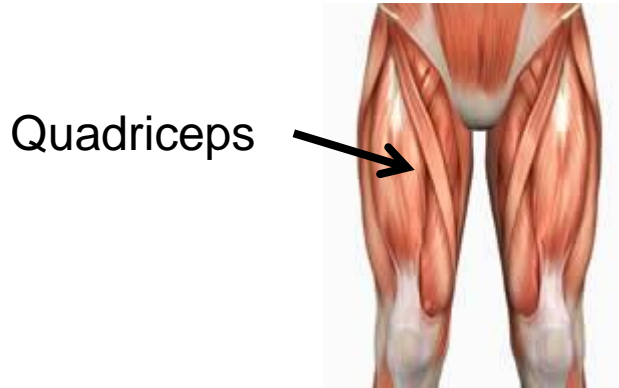


Difficulty 3
Parallel Tricep Dips



Star Jumps

Star jumps use the muscle in the upper legs. It uses the majority of muscles in the legs.



Difficulty 1

Jump – Pause – Jump



Difficulty 2

Continuous Star Jumps



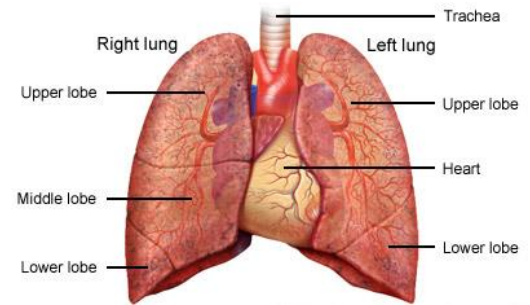
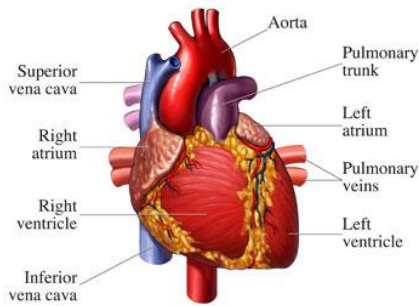
Difficulty 3

Floor Star Jump



Burpees

Burpees can be a difficult exercise because they use all the muscles in the body as well as being a combination of different actions.



Difficulty 1

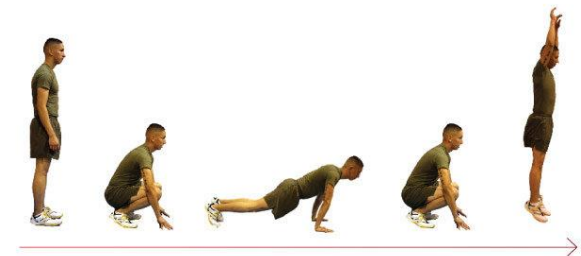
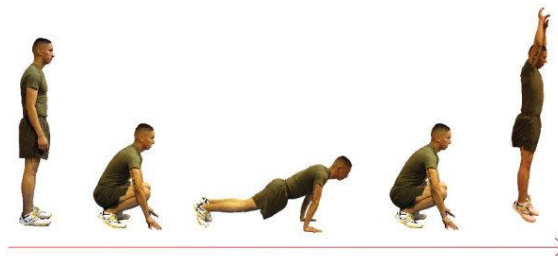
Burpee – Stand – Burpee

Difficulty 2

Burpee – Jump - Burpee

Difficulty 3

Burpee – Star Jump - Burpee

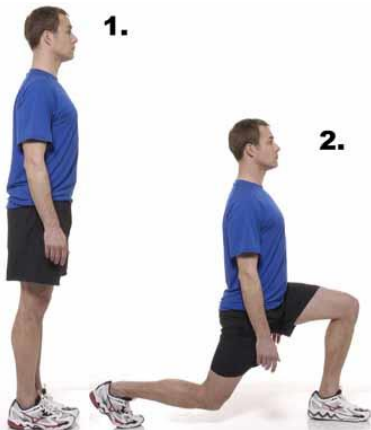


Lunges

Lunges focus on the muscles in the lower body and particularly the Quadriceps, Hamstrings and Gluteus Maximus.



Difficulty 1
Short Lunge



Difficulty 2
Long Lunge



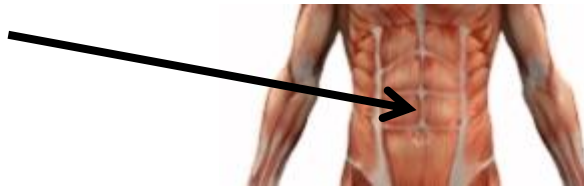
Difficulty 3
Jumping Lunge



The Plank

The plank focus on the 'Core' muscles or the 'middle' of the body. Otherwise known as the abdominals or 'Abs'.

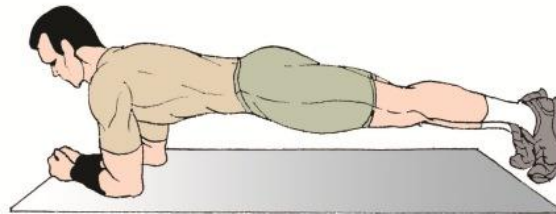
Abdominals



Difficulty 1
Hand Plank



Difficulty 2
Forearm Plank

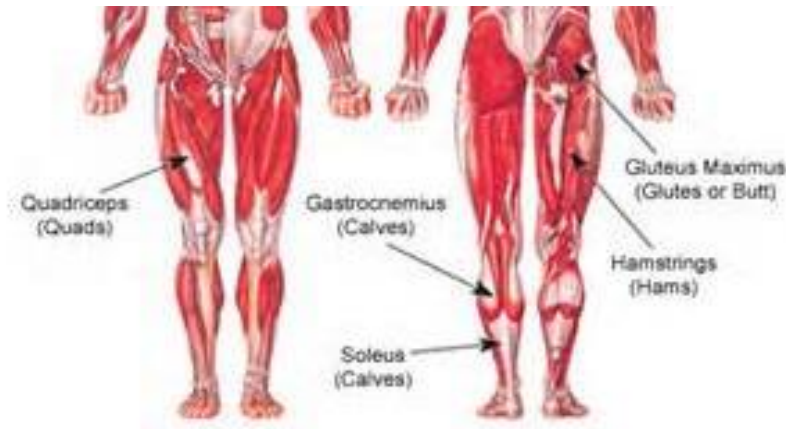


Difficulty 3
1 Foot Plank



Squats

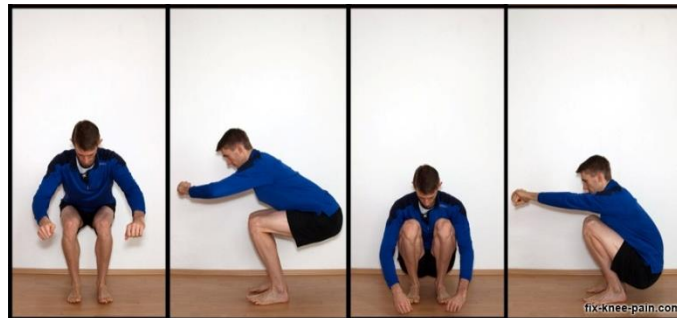
Squats focus on the muscles in the lower body and particularly the Quadriceps and Hamstrings.



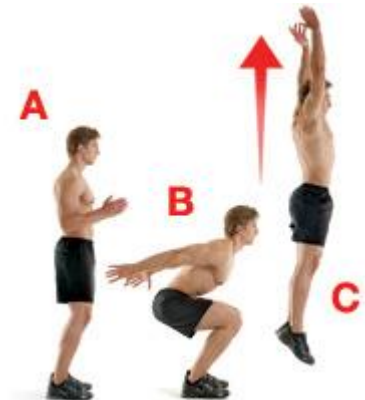
Difficulty 1
Traditional Squat



Difficulty 2
Deep Squat



Difficulty 3
Squat Jumps



The Side Plank

The side plank focus on the 'Core' muscles or the side of the core. Otherwise known as the external oblique's..



Difficulty 1
Forearm and Knee Plank



Difficulty 2
Forearm and Foot Plank

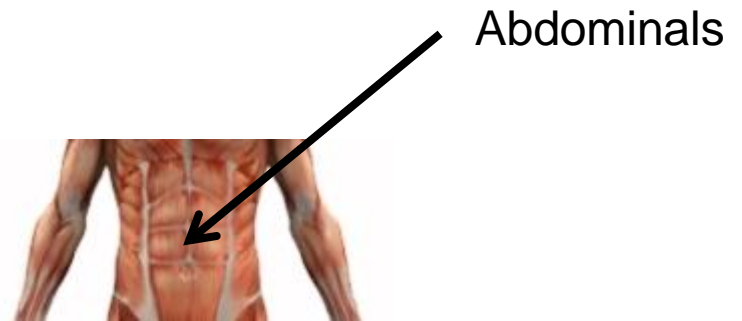
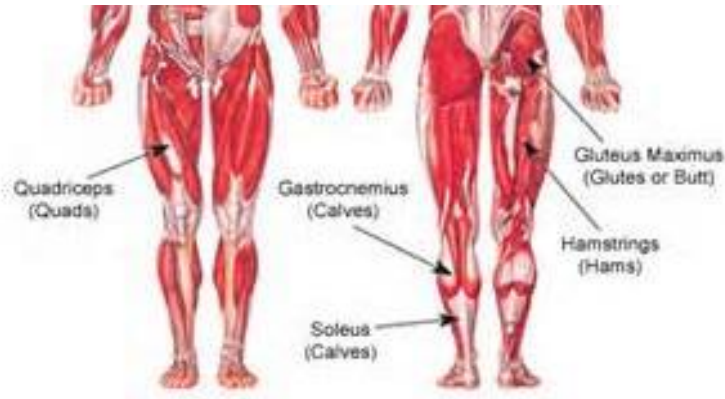


Difficulty 3
Forearm and 1 Foot Plank



Mountain Climber

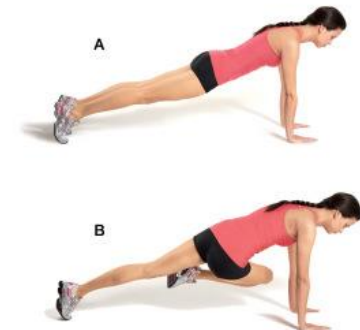
The Mountain Climber focuses mainly on the lower body and core muscles for balance and control.



Difficulty 1
Mountain Climber

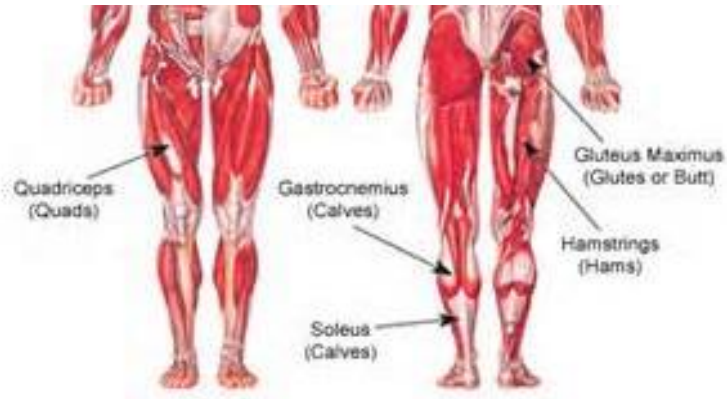


Difficulty 2
Mountain Climber Switch



Wall Sit

The Wall Sit mainly focuses on the legs and in particular the quadriceps. But also works the abdominals.



Abdominals

Difficulty 1
Traditional Wall Sit



Difficulty 2
Wide Leg Wall Sit



Difficulty 3
One Leg Wall Sit

