

# Circuit Training Work Sheet

03-18-13

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**Title: Fitness Evolution**

## Stations

1. **1970's:** Jog it Out- Rectangle made with cones, sprint the lengths, jog the widths  
Variation- Lower intensity: walk or jog around the cones  
Higher intensity: Sprint around cones  
Teacher- Aimee  
Demonstrators- Adrian and Pierre
2. **1980's:** Step into Fitness-Lunge with hip flexion on Step  
Variation- Lower Intensity: do basic lunge without step, basic lunge on step without hip flexion  
Higher Intensity: hold weights or medicine ball, add a jump on the step  
Teacher- Matt  
Demonstrator- Adrian
3. **1990's:** Pump that Iron: Dumbbell Pushup with tricep extension  
Variation- Lower Intensity: dumbbell pushup on knees, do tricep extension without weight Moderate Intensity: do pushups on toes and tricep extension without weight  
Higher Intensity: dumbbell pushups and toes increase weight  
Teacher Adrian  
Demonstrator- Matt
4. **1990's:** Buns of Steel-Squat kick back with Resistance Band  
Variation- Lower Intensity: decrease band resistance, just do squats  
Higher Intensity: increase resistance of band, add pulses to the kick back  
Teacher- Aimee  
Demonstrator- Natasha  
**2000's:** Core and More- Balance Ball Back Extensions  
Variations- Lower Intensity: do the exercise on a mat, cross arms over chest  
Higher Intensity: hold arms out in front or out to the side, hold a medicine ball or weight plate at chest  
Teacher- Alex  
Demonstrator- Pierre
5. **2000's:** Perfect Pilates Body- Core Leg Circles  
Variations- Lower Intensity: keep one leg bent and planted on the ground  
Higher Intensity: Elevate both legs off the ground, make circles with legs together?  
Teacher- Natasha  
Demonstrator- Aimee
6. **2010-Present:** Plyometric Power- Catch and Throw  
Variations- Lower Intensity: plant feet on floor

Higher Intensity: Increase weight of medicine ball, throw at different angles  
Teacher- Pierre  
Demonstrator- Alex and Aimee

**Change signal-** Bell

**Transition from each station-** running backwards “back in time”

**Recommended number of circuits for a 60min. class:** 3

**Safety concerns:** modification/variations which will be discussed while giving explanation of the station. Proper technique will also be emphasized, and proper use of equipment will be demonstrated.

**Who is creating the handout?**

Aimee

**Who is creating the signs?**

Natasha

**Equipment Needed**

4 cones, 4 medicine balls of different weight, 4 balance balls, 5 sets of dumbbells different weight, 4 steps with risers, 6 resistance bands of varying resistance.