

PEP305 Midterm #2: Designing YOUR Perfect Circuit (10pts)

This is Due on April 27: Please email to Dr. Kravitz

Name _____

Design YOUR IDEAL Personal Circuit Workout

Design an 8-station Circuit program that would be BEST for YOU. Each of you has personal goals that you wish to attain with you fitness level. Using your knowledge of circuit training, design a personal circuit program for you. Please do the following:

A) EXPLAIN YOUR physiological goal of the Circuit:

B) List the 8 stations...such as 1) Kettlebell dead lifts, 2) Single arm dumbbell presses on a physioball (both sides), etc. Imagine you have a complete equipment set for your circuit.

1)

2)

3)

4)

5)

6)

7)

8)

C) For each station identify specifically the MAJOR muscles you are targeting (above). If it is a cardio station explain what intensity you will be doing the cardio and how you will assess your intensity (RPE, heart rate, talk test)

D) How many circuits would you do?

E) How much time at each station in the circuit?

F) What KEY performance cues (reminders) do you have for yourself with your circuit (i.e., do all exercises with core engaged, breathe normally, etc.)

Please discuss here:

End. Thank you!