

Fitness Circuit Assignment

Introduction

There are three basic training principles (overload, progression, and specificity) that must be observed when designing an exercise program. An over load must be added beyond what is normally placed on the body in daily activity. You can play overload on the body by increasing one or more of the overload variables: frequency (how often you work), intensity (how hard you work), or time (how long you work.) A good way of remembering the three overload variables is to think of the word FIT (Frequency, Intensity, and Time.)

The principle of specificity permits you to improve a specific component of physical fitness. To improve a specific component, you must select the appropriate physical activity. The overload for a given exercise will vary for each individual. Remember, injuries result when progression is not followed and overload is added too quickly.

Reasons for doing circuit training:

- Circuit training is ideal for performing high intensity fat burning workouts
- Excellent basic workout to condition and strengthen the body
- Easy to work every muscle in your body
- Can be adapted for any size workout area
- Does not require expensive gym equipment, you can do circuit training at home
- Can be customised for specificity; easy to adapt to your sport
- Can be incorporated into a beginners weight training routine
- Circuit training is an excellent way to help to lose weight

Task (20 marks)

Students are to create their own personal fitness circuit using exercises/activities learned in school, home, or at a fitness centre/gym. This fitness circuit can be one that you would work on during your own time. It does not have to be designed for a Physical Education class. The program should target the whole body. Students must include:

- Minimum of 10 different stations (rest stations do not count in that total)
- Instructions for each station of their circuit (a picture of a person completing the workout should be included)
- The fitness component involved with each station (cardiorespiratory, muscular strength, muscular endurance, and flexibility)

Some **examples** of fitness circuits are listed below

1. No rest between stations, Rest after completion of circuit

Stationary bike for 5 minutes → perform 20 push-ups → skip for one minute → perform 15 sit-ups → hold plank for 30 seconds → shadow box for 1 minute → step ups onto bench for 30 seconds → Burpees 10 times → REST (2 minutes or more) → restart circuit.

2. Students can rest between each station for 30 seconds or more.

Stationary bike for 5 minutes → REST(30 seconds) → perform 20 push-ups → REST(30 seconds) → skip for one minute → REST(30 seconds) → perform 15 sit-ups → REST(30 seconds) → plank for 30 seconds → REST(30 seconds) → shadow box for 1 minute → step ups onto bench for 30 seconds → Burpees 10 times → Restart circuit

3. Have a rest station mixed into your circuit.

Stationary bike for 5 minutes → perform 20 push-ups → REST (30 seconds) → skip for one minute → perform 15 sit-ups → REST (30 seconds) → plank for 30 seconds → shadow box for 1 minute → step ups onto bench for 30 seconds → Burpees 10 times → REST (30 seconds) → restart circuit.