- Skipping for 5 minutes
- 60 second break
- Rowing machine for 5 minutes
- 60 second break
- Exercise bike for 5 minutes
- 60 second break

**Progressive Overload**

Week 2 – decrease the break time by 5 seconds
Week 3 – increase the station activity time for 30 seconds
Week 4 – decrease the break time by 5 seconds
Week 5 – increase the station activity time for 30 seconds
Week 6 – decrease the break time by 5 seconds

**Cool Down**

*Returning HR to normal* – *Walk in a circle for 1 minute*

*Stretches/relaxation* – *Soleus for 10 seconds each leg*
Area of fitness focusing on: Muscular Strength

Warm up

*Cardiovascular Warm Up – 5 Minutes on Treadmill*

*Stretching – Upwards stretch – 10 seconds*

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**Training Method 1: Circuit training**

Circuit training this is a training method where you do loads of different exercises for a set amount of time at a number of stations. You have a short rest between each station and all the exercises are different and can be easily adapted to suit your needs. The stations are as follows:

- Biceps Curl for 5 minutes
- 60 second break
- Dips for 1 minutes
- 60 second break
- Rowing machine for 5 minutes
- 60 second break
- Dumbbell deadlift for 2 minutes
- 60 second break
- Wall Pushups for 5 minutes