

- ❖ 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 Tread mill

Stretching – Upwards stretch – 10 seconds

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