

A decorative graphic on the left side of the slide consisting of overlapping geometric shapes. It includes a blue parallelogram, a light green parallelogram, and a dark grey parallelogram, all with thin black outlines.

# My Circuit Design

Jamie

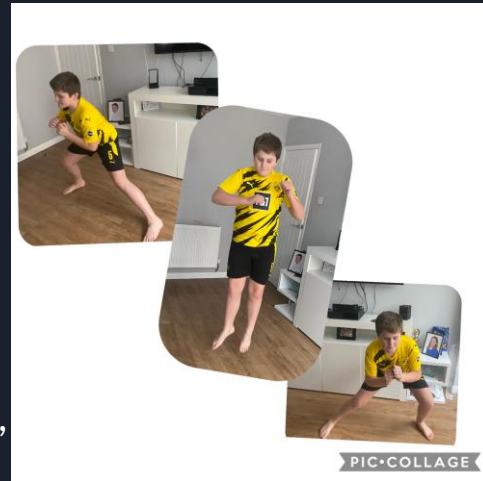
# Station One - Lateral Lunge and Jump

Step out to the side with left leg then right leg then jump as high as you can

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works legs and cardio

Great for sports where you have to dodge and jump like football, netball, basketball, rugby



## Station Two - Bicep Curls with weight

Hold weight in hand, bend at the elbow pulling weight up towards your shoulder

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your biceps at the front of your arm

Great for sports where you need powerful arms like tag rugby



## Station Three - Lunges

Step forwards with one leg, bend the knees and push back up.  
Alternate legs

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your legs

Great for sports where you need strong powerful legs to push off of like tennis and badminton



## Station Four - Deadlift or hinge (with or without weight)

Feet shoulder width apart, knees slightly bent back straight, bend at the hips and reach down towards your toes

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your legs mostly the back of your legs (hamstrings and gluts)

Great for sports where you need strong powerful legs like football, athletics, and swimming



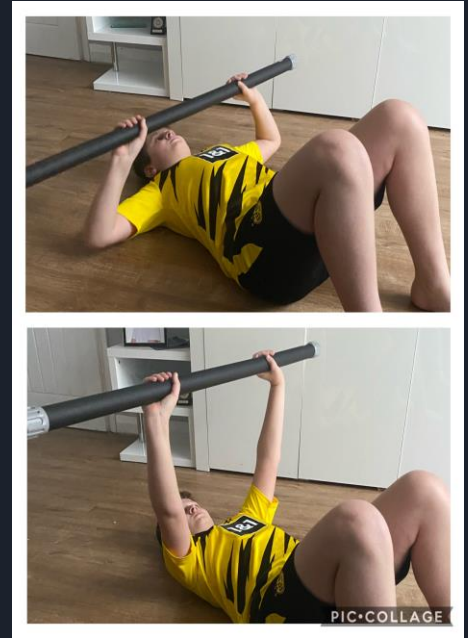
## Station Five - Bench/Floor Press (with or without weight)

Lay on a bench or on the floor, hold hands/weight close to your chest, then push your arms up to the ceiling and lower down slowly

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your arms and shoulders

Great for sports where you need strong powerful arms to push things away from you like netball, basketball, tennis, badminton, gymnastics



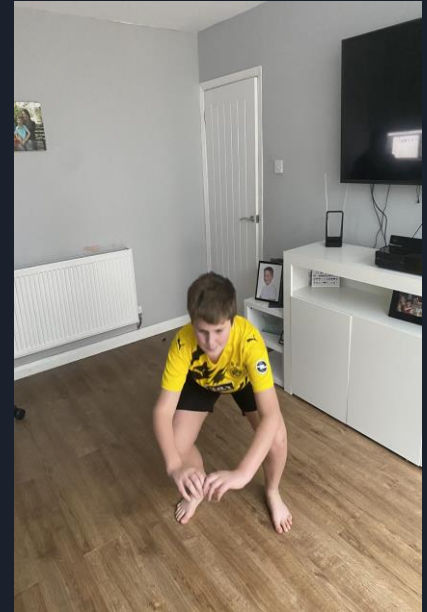
## Station Six - Squat

Stand with feet shoulder width apart keep heels on the floor and arms in front, bend your knees taking bottom towards the floor

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your legs especially your thighs (quadriceps) and bottom (gluts)

Great for sports where you need strong powerful legs to run and jump like athletics, football, netball, basketball



## Station Seven - Burpees

Jump in the air then go down to the floor in a push up position, push back up again to stand and repeat

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your whole body

Great for all sports



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## Station Eight - Plank

Lay down on the floor support your body weight on your forearms and toes, try to keep your body flat like a plank of wood

Repeat for 35 seconds then rest for 25 seconds before going on to next station

Works your arm and leg strength and your core

Great for all sports especially swimming and gymnastics

