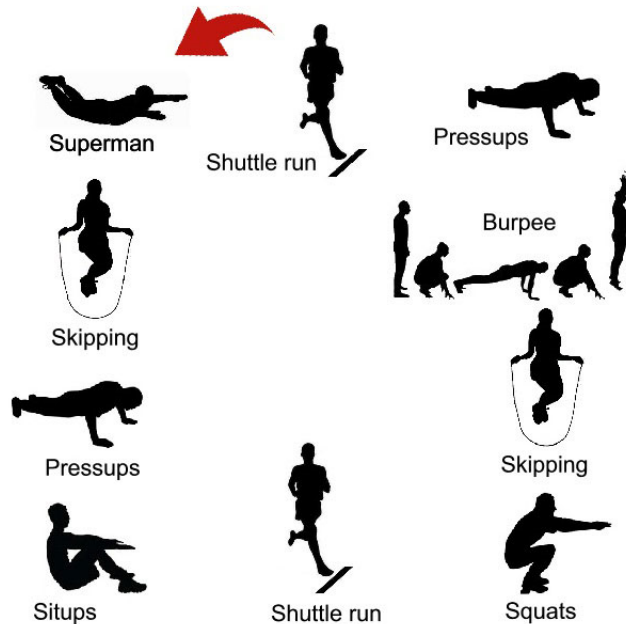


Key Words:

- Fitness
- Muscular Endurance
- Circuit Training
- Training Method



Careers:

- Dietitian / Sport Nutritionist
- Physical therapist
- Orthopaedist
- Personal trainer
- Teacher
- Physiotherapist
- Strength and conditioning coach
- Sport Psychologist

Retrieval

Last lesson we looked at different fitness tests for different components of fitness. Today we will be looking into Muscular endurance and how we can train our body to adapt and improve muscular endurance.

Muscular endurance is the body's ability to voluntarily contract the muscles over an extended period of time without tiring.

Success Criteria

Key words:



To **identify** a training method used to improve muscular endurance.



To **demonstrate** and **describe** a circuit training session.



To **apply** your understanding of circuit training into the “design your own” template and challenge yourself or a peer.

Fitness
Muscular endurance
Circuit training
Training method



Circuit Training



What is it?

Circuit training for muscular endurance involves exercise stations that target different muscle groups in a special order. Participants carry out each exercise for a period of time before moving on to the next one. Short rest periods can be included between each station (e.g. 15 seconds)

Why would someone use this?

Circuit training can be a common method to burn calories, improve muscular endurance and keep activities fun and engaging during a fitness class or gym session.

Are there advantages to this?

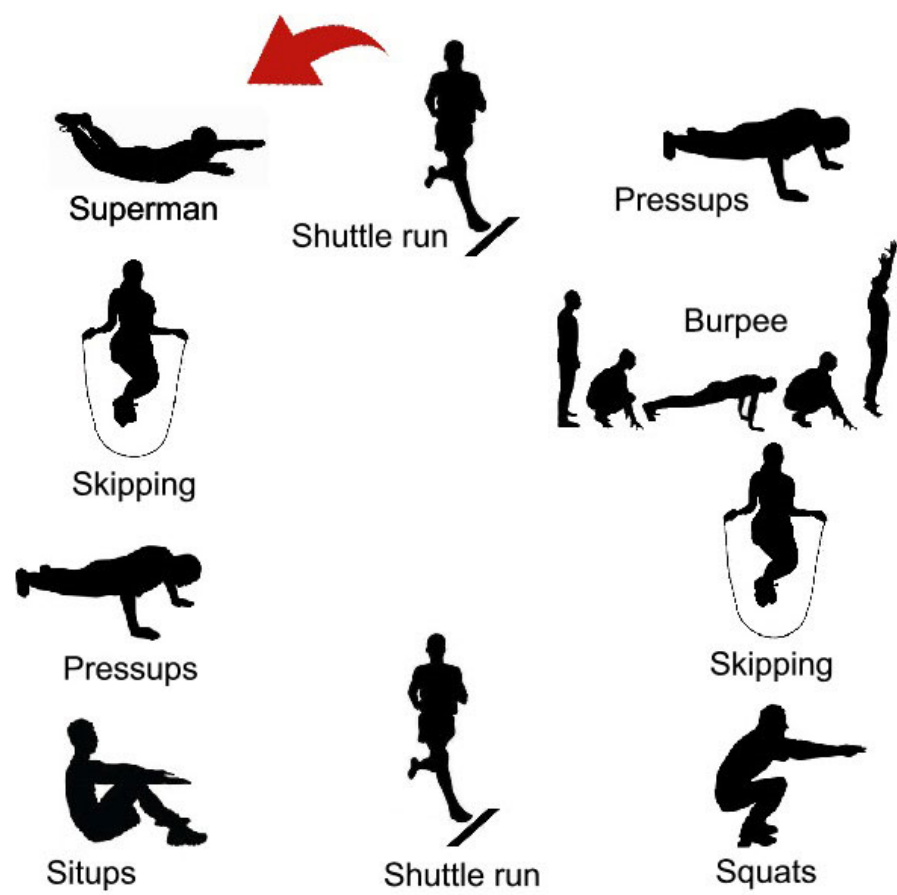
Exercises can be changed and aimed at a specific sport, with drills from the sport included.

Different muscle groups are exercised at each station to improve whole body muscular endurance.

The stations can be changed at each session to avoid boredom.

Are there disadvantages to this?

It takes time to set out the circuit if you use multiple items or equipment.





Task:

The next 8 slides will include an exercise and different difficulty levels you can select from. Your challenge is to complete 30 seconds of each slide alone or with a peer. There are 8 slides in total and you can rest for as long as you need to between each card. Your challenge is to complete 1 round which involves getting through all 8 cards. However, you can do 3-5 rounds with rest in between each round if you feel confident and want to challenge yourself or a peer.

You will need:

Water, a stopwatch (if you do not have a stopwatch, you can do 10 reps and move onto the next card) and music.

PRESS-UPS

DIFFICULTY ★ KNEELING PRESS UP TEACHING POINTS <ul style="list-style-type: none">Put your hands shoulder width apart.Keep your back flat and bottom down.Keep your knees and feet on the floor.	DIFFICULTY ★★ TRADITIONAL PRESS UP TEACHING POINTS <ul style="list-style-type: none">Put your hands shoulder width apart.Keep your back flat and bottom down.Lower your chest to the floor.	DIFFICULTY ★★★ DECLINE PRESS UP TEACHING POINTS <ul style="list-style-type: none">Put your feet up on the bench.Keep your back flat and bottom down.Lower your chin to the floor.
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CRUNCHES

DIFFICULTY ★ BENT LEG CRUNCHES TEACHING POINTS <ul style="list-style-type: none">Keep your hands by your temples.Keep your eyes looking upwards. tense your stomach muscles.	DIFFICULTY ★★ BICYCLE CRUNCHES TEACHING POINTS <ul style="list-style-type: none">Lead the opposite leg to elbow and bring them together.Keep your head off the floor.	DIFFICULTY ★★★ REVERSE CRUNCHES TEACHING POINTS <ul style="list-style-type: none">Start on your back with your legs up.Lift your bottom off the floor and push your feet up to the ceiling and then bring your bottom back down to the floor in a controlled movement.
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FRONT PLANK

DIFFICULTY ★ HAND PLANK HOLD TEACHING POINTS <ul style="list-style-type: none">Push your body up on your hands.Make sure your shoulders are directly above your hands.Keep your back flat and squeeze your core.	DIFFICULTY ★★ FOREARM PLANK HOLD TEACHING POINTS <ul style="list-style-type: none">Push your body up on your elbows.Make sure your shoulders are directly above your elbows.Keep your back flat and squeeze your core.	DIFFICULTY ★★★ SINGLE LEG PLANK HOLD TEACHING POINTS <ul style="list-style-type: none">Push your body up on your elbows.Keep your back flat and squeeze your core.Lift one foot off the floor (swap feet half way through the time).
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We do

PRESS-UPS

DIFFICULTY



KNEELING PRESS UP



TEACHING POINTS

- Put your hands shoulder width apart.
- Keep your back flat and bottom down.
- keep your knees and feet on the floor.

DIFFICULTY



TRADITIONAL PRESS UP



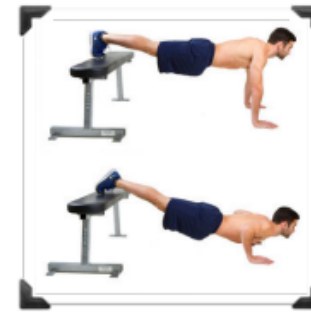
TEACHING POINTS

- Put your hands shoulder width apart.
- Keep your back flat and bottom down.
- Lower your chest to the floor

DIFFICULTY



DECLINE PRESS UP



TEACHING POINTS

- Put your feet up on the bench.
- Keep your back flat and bottom down.
- Lower your chin to the floor.

CRUNCHES

DIFFICULTY



BENT LEG CRUNCHES



TEACHING POINTS

- keep your hands by your temples.
- Keep your eyes looking upwards.
- Tense your stomach muscles.

DIFFICULTY



BICYCLE CRUNCHES



TEACHING POINTS

- bend the opposite leg to elbow and bring them together.
- Keep your head off the floor.

DIFFICULTY



REVERSE CRUNCHES



TEACHING POINTS

- Start on your back with your legs up.
- lift your bottom off the floor and push your feet up to the ceiling and then bring your bottom back down to the floor in a controlled movement.

SQUATS

DIFFICULTY



TRADITIONAL SQUAT



TEACHING POINTS

- Start standing upright.
- Your feet and knees should be facing out.
- Bend your knees and keep your chest up.
- Push through your legs back to a standing position.

DIFFICULTY



CRAB WALKS



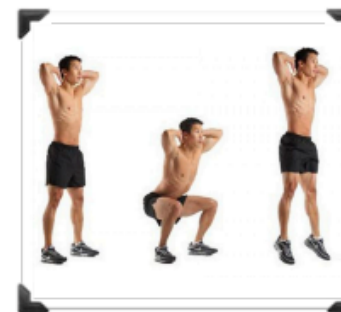
TEACHING POINTS

- Start standing upright.
- Bend your knees and keep your chest up.
- Step side to side in a squat position for as long as possible without standing upright again.

DIFFICULTY



SQUAT JUMPS



TEACHING POINTS

- Start standing upright.
- Bend your knees and keep your chest up.
- Push through your feet and jump off the floor.
- return to the squat position and repeat.

FRONT PLANK

DIFFICULTY



HAND PLANK HOLD



TEACHING POINTS

- Push your body up on your hands.
- Make sure your shoulders are directly above your hands
- Keep your back flat and squeeze your core.

DIFFICULTY



FOREARM PLANK HOLD



TEACHING POINTS

- Push your body up on your elbows.
- Make sure your shoulders are directly above your elbows
- Keep your back flat and squeeze your core.

DIFFICULTY



SINGLE LEG PLANK HOLD



TEACHING POINTS

- Push your body up on your elbows.
- Keep your back flat and squeeze your core.
- Lift one foot off the floor (swap feet half way through the time).

STAR JUMPS

DIFFICULTY



CONTINUOUS STAR JUMPS



TEACHING POINTS

- Jump with your feet apart and lift your arms up and out.
- jump your feet back together and brings your arms down.
- Repeat continuously.

DIFFICULTY



TOUCH THE GROUND STAR JUMPS



TEACHING POINTS

- Jump with your feet apart and touch the floor.
- jump them back together and then perform a normal star jump.
- Repeat continuously.

DIFFICULTY



SQUAT STAR JUMPS



TEACHING POINTS

- Start in a squat position.
- Jump your legs apart and together (in one motion) and return to squat.
- repeat continuously.



LUNGES

DIFFICULTY



FORWARD LUNGE



TEACHING POINTS

- Start with your feet together standing up.
- Take a big step forwards and bend both of your legs.
- push back off your front leg to standing position and repeat.

DIFFICULTY



SPLIT SQUAT LUNGE



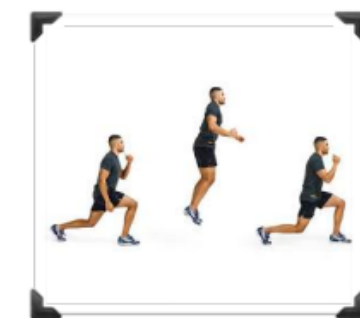
TEACHING POINTS

- Start with your back foot on a bench.
- Take a big step forward and bend your front leg.
- Push back up to a straight front leg and repeat with other leg.

DIFFICULTY



JUMPING LUNGE



TEACHING POINTS

- Start with your feet together standing up.
- Jump up and move both legs apart and bend into lunge position.
- Jump up and alternate the leg positions.



We do

TRICEP DIPS

You can also use a chair.

DIFFICULTY



FLOOR DIP



TEACHING POINTS

- make sure your hands are facing towards your feet.
- lower your bottom down without touching the floor.
- Push your arms straight again.

DIFFICULTY



TRICEP DIP OFF BENCH



TEACHING POINTS

- make sure your hands are facing towards your feet.
- lower your bottom down without touching the floor.
- Push your arms straight again.

DIFFICULTY



TRICEP DIPS WITH LEG LIFTS



TEACHING POINTS

- Put your hands shoulder width apart.
- As you bend your arms lift up one foot and bend the other leg.
- keep your knees and feet on the floor.



We do

BURPEES

DIFFICULTY



BURPEE TO STAND



TEACHING POINTS

- Start standing
- bend down and jump your feet out and in.
- Stand up.
- Repeat continuously.

DIFFICULTY



BURPEE WITH A JUMP



TEACHING POINTS

- Start standing
- bend down and jump your feet out and in.
- Stand up and jump.
- Repeat continuously.

DIFFICULTY



PRESS UP BURPEES



TEACHING POINTS

- Start standing, bend down and jump your feet out.
- Using your arms lower your body to the floor and then push back up.
- Jump your feet in and then stand up and jump up.
- Repeat continuously.



Well done!

You have completed your round of the circuit training. If you would like to try another round, rest and repeat or change the exercises.

Notice how each card targets different muscle groups as you progressed through the circuit. This is to ensure that while you participate in the circuit, you avoid early exhaustion and fatigue. This early fatigue would occur if each exercise targeted the leg muscles such as the quads, hamstrings and glutes.

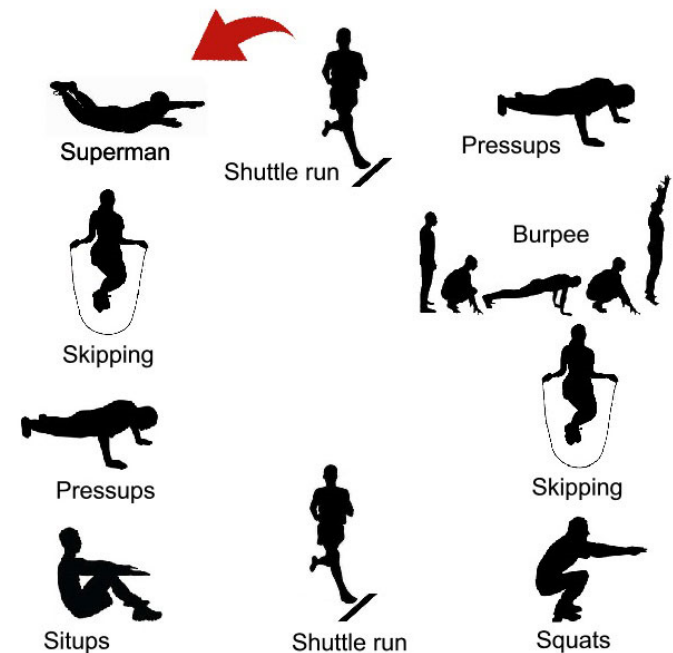
Your final task:

Using a blank sheet of A4, try to create your own circuit using at least 6 exercises and a maximum of 10 exercises.

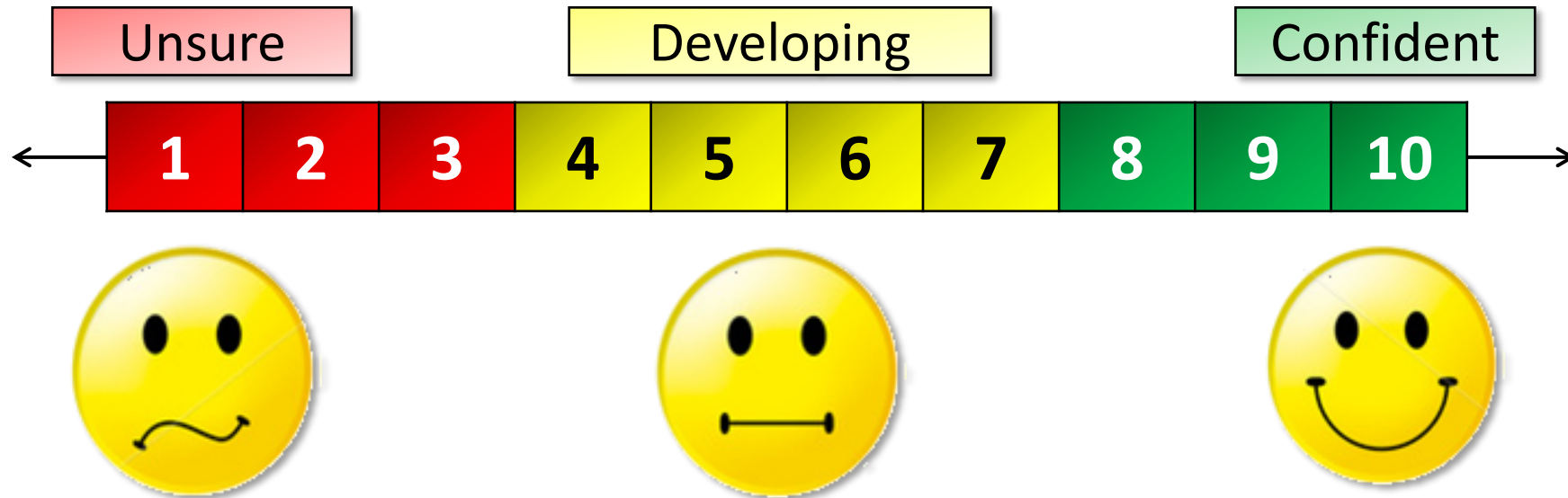
Consider the following questions while designing a circuit training session:

1. How long will you work on each station for?
2. How long will you rest between each station?
3. How many rounds will you complete?

Extension: Can you label and name what muscle group your exercise will target? For example, press-ups = pectoral muscles.



Plenary – The Learning Continuum



1. What is circuit training?
2. Why would you use this training method? What component of fitness will it improve?
3. How would you set up a circuit training session? Reflect on your plan you have created.