

## Fun Fitness Circuit

### Have you ever heard of a fitness circuit course or a circuit workout?

A circuit course is made up of stations each with a different physical activity. The goal is to complete each physical activity in a short amount of time (usually with 15 -30 seconds of rest in between). Once you've finished the activity at each station, you've completed the circuit course and can start again!

Circuit courses are a great way to achieve a full body workout because you can include a combination of upper and lower body exercises. They're also a fun way to get creative with keeping physically fit!

### Create your own fitness circuit

1. Come up with the exercises! Choose 6 different stations to have your participants do for 60 seconds each. Why not keep it balanced and choose 3 upper body and 3 lower body exercises? Remember to include a 5-minute warm-up and a 5-minute cool-down activity, too.
2. Choose where your fitness circuit will take place. Courses are best in open spaces such as the school gym, playground or park, but if space is limited, other areas such as hallways, classrooms and anywhere at home, such as a back garden, the living room or even your bedroom can be creatively used as well.
3. Divide into small groups and assign each group or individual, depending on how many of your classmates or family are taking part, to one fitness station, where they will start the circuit.
4. Demonstrate each activity station, and provide examples of ways to make it easier or harder for those who want a lighter or heavier workout. You'll also need to explain the direction that the players will move. This will avoid confusion and allow you to make the most of your time.
5. Play your favourite music loud during the workout to create more excitement. Music helps motivate people, sets a pace and adds energy and fun to the activity!
6. Start the workout! Each group will do the activity until a signal is given (such as a whistle or pause in music every 60 seconds) for everyone to go to their next station.
7. Take a short break in between stations if needed.



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### Exercise ideas for your fitness circuit

**Warm up:** Jogging, dancing, running on the spot, arm circles

**Stations:** Cone-weaving, one-foot hops, push-ups, sit-ups, step-ups, jumping jacks, squats, balance on one leg, jump rope, horizontal jumping, mini hurdles, hula hoops, lunges, vertical jumps, timed dashes, high-knee skipping

**Cool down:** Arm stretching, leg stretching, walking, light running



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