



YOUR EXERCISE CIRCUIT

Name _____ Date _____

In this activity, each group is in charge of creating an exercise circuit. Plan your circuit by selecting exercises that you have already learned in class. Follow these guidelines when creating your stations:

1. Create a circuit using four different stations. You should develop one station for each of the following fitness areas:
 - Aerobic
 - Flexibility
 - Muscular strength or endurance for the upper body
 - Muscular strength or endurance for the lower body
2. Use a blank sheet of paper to create a sign for each station. Write the name of an exercise on the sign and include how many times it should be done. Each station should take one minute to complete. If the exercise should be done continuously without counting, write "1 minute" on your sign.
3. Make sure that everyone in your group understands how to do the exercises at each of your stations.
4. Demonstrate your stations for the class.
5. After all the circuits have been demonstrated, begin working your way through each circuit as time allows. Begin at your circuit and stay with your group. After everyone has completed your circuit, switch as a group and try another group's circuit.