



## CIRCUIT TRAINING EXERCISES DESCRIPTION



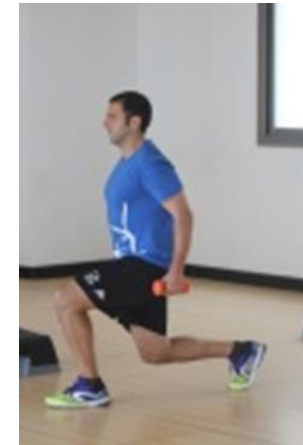
**PUSH UP:** Start with your hands and feet on the floor. Keeping your straight, slowly lower and raise your body. Your chest and nose should touch the floor.



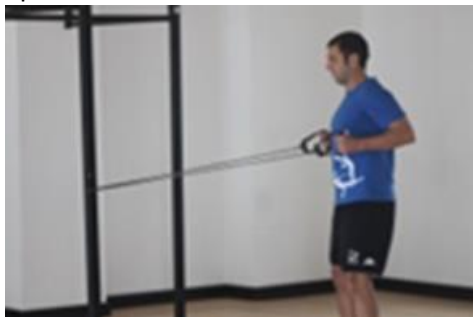
**CRUNCH:** Lie down with your arms crossed in front of your chest and your knees bent and raise and lower your upper body.



**LUNGE:** Starting position stand up straight. Take a big step forward and bend your knees to right angles.



**ROWING:** Take the ends of the rope in your hands, and face the wall. Pull with both hands, so that your elbows are behind you. Relax and repeat.



**SQUAT:** Stand up straight with your arms out in front of you. Bend your knees to right angles.



**BRIDGE:** Lie down on the floor with your knees bent. Raise your abdomen to form a straight line. Hold this position.





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**PLANK:** Start with your lower arms and toes on the floor. Keep your back and legs straight hold this position.



**HURDLES:** Jump over the benches one after the other, with your legs apart.



**BURPEE:** Start with your hands and feet on the floor in the squat position. Kick your legs back so that you are in the push-up position. Return your feet to the squat position. Jump up from the squat position to your feet.



**CLIMBING:** Use your hands and feet to climb up, across, and then down the climbing frame.



**CRAWLING:** Lie down on the mats. Move across the mats on your elbows and knees, keeping your body low.





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**SKIPPING:** Take the ends of the skipping rope in your hands. Spin the rope, and jump on the spot in time.



**LYING ROPE PULL-UP:** Lie down on the floor, take the rope and use it to stand up.



**SIDE WAYS JUMPS:** Keeping both feet together, jump left and right over the bench.



**THROWING:** Stretch on your arms and throw the medicine ball at the wall.

