

Activity Phase Week 1 & 2

Cardio Circuit Session

Session Aim: Challenge the cardiovascular system using bodyweight exercises and timed intervals.

Refer to exercise demonstration videos for key coaching points and guidance on each exercise, using regressions and progressions where necessary. Each exercise should be performed with pace trying to complete a high number of repetitions, whilst maintaining good technique – do not sacrifice good technique for pace. To ensure your focus remains on performing exercises with good technique, you should ask someone to monitor your movement and the time.

Time: 15 – 25 minutes (physical ability dependent)

The ability of the individual will determine the rest time between circuits and the number of circuits performed – begin with 2 circuits and only progress to 3 if fitness levels allow.

Requirements: This circuit requires a flat 3m x 2m indoor/outdoor space and an exercise mat (optional – for comfort).

Format: Complete each exercise for 30 seconds, followed by a 30 second rest before moving to the next exercise. Once all 6 exercises are complete rest for 1-2 minutes. Aim to complete 2-3 circuits.

Example 1: 2 circuits, with 2 minutes rest after each circuit (~15 minutes total).

Example 2: 3 circuits, with 2 minutes rest after each circuit (~25 minutes total).

* As focus remains on developing good quality movements, the pace and intensity of the workout should not be very high and therefore a warm-up is not necessary. It is recommended that the first circuit be performed at a slower pace, developing control in movements, with an increased pace (but equal focus on control) for subsequent circuits. After completion, a cool-down stretch is recommended.

