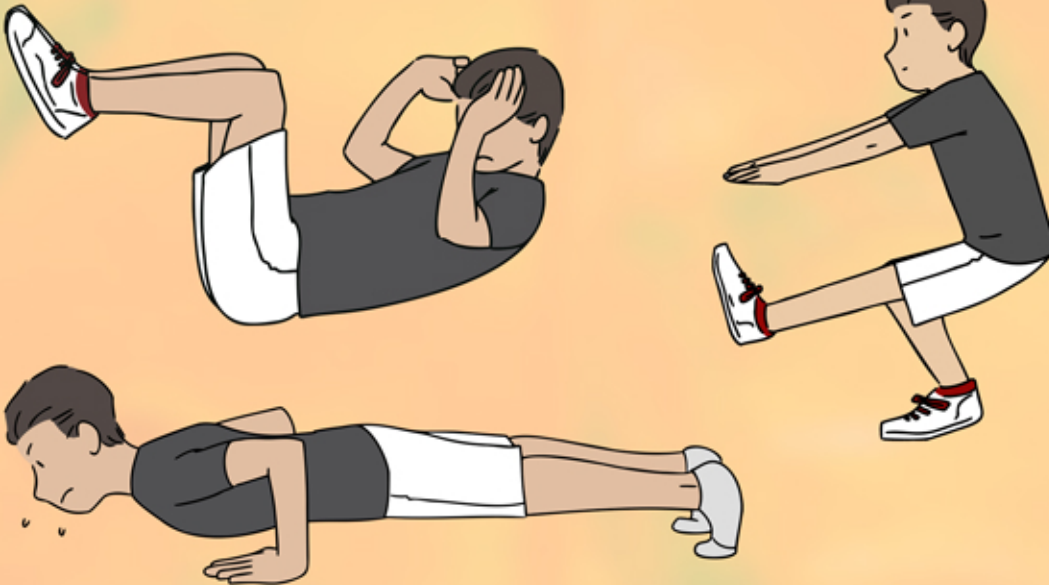




CIRCUIT TRAINING



GET ACTIVE



30 MINUTES



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Improve your fitness by setting up and taking part in some circuit training.

Circuit training is a workout technique involving a series of exercises performed in rotation with minimal rest. Set up 5 or 6 different challenges to take part in.

Some examples of exercises are: Press-ups, sit ups, ball wall bounce, skipping, planks, squats, shuttle runs, high knees, side jumps and so on. You could use household objects as part of your exercise. Tinned food could create weights, a pile of books for your side jumps or string as a skipping rope.

Complete the circuit training. Aim to do each activity for 1 minute, with a 30 - 60 second rest between each exercise. If you feel up to it, try and do a second round. Try to do your circuit training a few days a week and see if you can slowly increase the number of reps you achieve on each exercise.

Share a photo or video of you circuit training with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Household Objects



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used for this activity is appropriate. Rest should be taken if needed and participants shouldn't overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.