

CIRCUIT TRAINING STATIONS & EQUIPMENT.

SKIPPING 2 Leather Skipping Ropes.

TRICEP DIPS 2 chairs.

SPEED BOUNCE 2 Speed Bounce mats.

LADDERS 2 Indoor ladders.
FAST FEET – forward.

HEAD RAISING 2 mats.

STRAIGHT ARM LIFT 4 Dumbbells & 1 mat.
BENDING KNEES

SITS UPS 2 mats.
TOUCH OPPOSITE KNEE WITH ELBOW

BICEP CURLS 4 Dumbbells & 1 mat.

CROUCH JUMPS

REVERSE CRUNCH 2 mats.

SHOULDER PRESS 4 Dumbbells & 1 mat.

STEP UPS Bench or 2 Steppers.
FAST FEET

PRESS UPS Bench.or 2 chairs
FEET ON BENCH

LADDERS 2 Indoor Ladders.
FAST FEET – sideways.

SIDE LATERALS 4 Dumbbells & 1 mat.

SQUAT THRUSTS
FAST FEET

DOUBLE CRUNCH 2 mats.

20M 4 small Cones.
¾ PACE RUN

EQUIPMENT

CD Player and CD of mixed Dance music – 135 -145bpm

16 x 4kg Dumbbells.

2 x Leather Skipping Ropes.

14 x personal Gymnastic Mats.

4 x Indoor Ladders.

2 x Speed Bounce Mats.

2 x Steppers or bench.

2 x 6kg Medicine Balls/Power-Bags.