

A gym setting with a brick wall, a squat rack, and a barbell with weights on the floor. The scene is dimly lit, with a focus on the equipment. The text "CIRCUIT TRAINING" is overlaid in the center.

# CIRCUIT TRAINING

PHYSICAL EDUCATION



# What Is Circuit Training?



TRUE or FALSE: CAN CIRCUIT  
TRAINING IMPROVE MUSCULAR  
STRENGTH, MUSCULAR ENDURANCE  
AND YOUR CARDIOVASCULAR  
ENDURANCE SIMULTANEOUSLY?

WHAT ARE EXAMPLES OF  
CIRCUIT TRAINING EXERCISES?

TODAY'S CIRCUIT TRAINING WILL  
INCLUDE THREE ROUNDS LASTING 30  
SECOND CONTAINING 5 EXERCISES.

**YOU WILL ROTATE FROM STATION TO STATION BY WITH YOUR RESPECTIVE GROUP.**