



CIRCUIT TRAINING

PHYSICAL EDUCATION

What Is Circuit Training?



push ups



squats

curls



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.