

Name: _____

Create Your Own Circuit Workout Assignment

What is a circuit workout?

A circuit workout consists of a series of exercises performed one right after the other with little or no rest in between. It usually consists of 8-12 exercises, but you can make your own with as many or as little as you'd like. The circuit gets repeated 3-5 times. Do what feels comfortable for you or you can challenge yourself to do extra!

Directions: Create your own circuit workout and submit for this week's assignment.

1. Pick 5 – 10 exercises. Choose from the exercise list attached or find ones that work best for you.
2. Pick a variety to target each of the three main muscle groups (upper body, legs, and core).
 - Example: 3 lower body exercise, 3 upper body exercises, 3 core exercises, and 1 whole body exercise
 - You may also choose cardio exercises.
3. Determine how many repetitions of each exercise (how many times to complete each exercise).
4. Determine how many rounds to repeat the circuit (about 3 – 5 times).
5. Determine how long of a rest in between rounds (about 1 – 2 minutes)
6. Add a challenge if you would like to push yourself or make the exercise more interesting.
7. Answer the reflection questions.
8. Bonus: Create more than one circuit for the week
9. Double Bonus: Get a family member or friend to complete your circuit!

Circuit Workout Example

TYPE OF EXERCISE	MUSCLE GROUP	AMOUNT OF REPS	CHALLENGE [Optional]
Lunges	Legs	10 times	Add a small weight
High Knee Crunches	Legs/Core	10 times	none
Squats	Legs	10 times	Add a small weight
Sit Ups	Core	10 times	Add a small weight
Push Ups	Upper Body	10 times	Feet on chair for decline
Burpees	Legs/Core/Upper Body	5 times	none
Number of Rounds: 5			
Rest between Rounds: 1 minute			

DESIGN YOUR CIRCUIT

TYPE OF EXERCISE	MUSCLE GROUP	AMOUNT OF REPS	CHALLENGE [Optional]

Number of Rounds: _____
Rest between Rounds: _____

Reflection: Answer the following questions.

1. How many times did you decide to complete the circuit?
2. Was the circuit workout enjoyable for you?
3. Did the intensity feel: light, moderate, intense or maximum effort?
4. Would you do a workout like this again in the future?

LIST OF EXERCISES

Upper Body	Push Ups	Walking Push Ups	T Push Ups
	Tricep/Chair Dips	Forearm Plank Jacks	Knee to Elbow Planks
	Diamond Pushups	Incline Push Ups	Chin Ups
	Shoulder Taps	Decline Push Ups	Inch Worms

Air Squats	Twisting Lunges	Jump Lunges	Lower Body
Lunges	Split Squats	Step Ups	
Jump Squats	Box Jumps	Wall Sits	
Calf Raises	Glute Bridges	Reverse Lunges	

CORE	Planks	Crunches	Supermans
	Scissors	Leg Lifts	Russian Twists
	Sit Ups	Bicycle Crunches	Obliques
	Side Planks	V-Ups	Reverse Crunches

Jumping Jacks	Tuck Jumps	Jump Rope	CARDIO/ WHOLE BODY
Burpees	High Knees	Butt Kickers	
Sprints	Side Shuffles	Run In Place	
Mountain Climbers	Speed Skaters	Skips	