
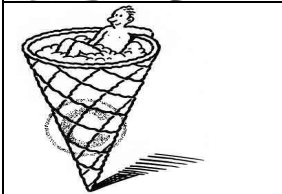


LESSON 2 ULTIMATE CIRCUIT TRAINING

Every one can benefit from training, not just top–class athletes. There are many training methods open to the performer. Each method works the body differently and places an emphasis on a number of the fitness components.

In **Training Sessions** always **Warm Up** first and **Cool Down** Afterwards. These are vital to every session and you should know why.

👉 Label with arrows next sentences about how gets your body with Warm Up or Cool Down options. First you must fill the gaps with the right word or group of words.

	<p style="text-align: center;"> temperature range mind muscles blood flow injure joints </p>
	<p style="text-align: center;"> extra blood oxygen debt lactic acid veins </p>

- Stretches the _____, moves the _____ and increases the _____ of movement, so you're ready for the work and less likely to _____yourself
- Helps replace the _____ _____ in your muscles, and so gets rid of any _____ _____ which could cause stiffness later.
- Concentrates the _____ on the training.
- Increases the _____ of the body, and increases _____ _____ to the muscles, so they can do the work later on in the training.
- Gets rid of the _____ _____ in your muscles, and so stops it pooling in your _____ . Blood pooling can make you feel dizzy and weak if you stop exercising suddenly.



The Four PRINCIPLES of TRAINING



SPECIFICITY: Every person will need a different training program because we are all different and we all do different things.



PROGRESSION: Steadily increase the amount of training that's done, but only when the body has adapted to the previous training



OVERLOAD: You've got to make your body work harder than it normally would. You've got to push yourself beyond the training threshold. It's the only way to get fitter.



REVERSIBILITY: Your fitness level changes all the time and it will go down if you stop training. It takes much longer to gain fitness than to lose fitness.

A TITLE MORE...

✚ Try to check if you have understood  pecificity. Label each explanation with the right example.

1. Train the right parts of the body

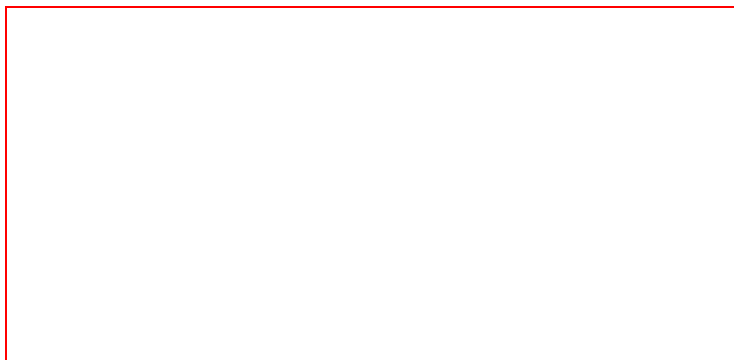


There's no point making a weightlifter run 10 miles a day, it won't improve their weightlifting.

2. Train to the right level

If someone's dead unfit, don't start them with a 5 mile swim.

✚ Try to find a diagram that shows  rogression (ask math's experts of the class). Write it below.






You can  overload by increasing any of these three:

- | | |
|--------------------------|-------------|
| 1. Frequency of training | e.g. |
| 2. Intensity of training | e.g. |
| 3. Duration of training | e.g. |

Write these examples into the chart, next to the right idea of overload

- Training for 5 minutes longer each session
- Training more often
- Lifting heavier weights



Injuries are one cause of  reversibility

Have you ever been injured?

For how long?

Do you lose fitness in this time?

How much time did you need to recover your fitness?


CIRCUIT TRAINING

DEFINITION

Circuit training is a series of exercises completed for a certain amount of time after one another.

WHAT THE TRAINING DEVELOPS

Circuit training can be useful in different ways. Depending on how the circuit is set up, it can develop **S**peed, **S**trength, **S**uppleness and **S**tamina. At the basic level, it can improve the general fitness of the heart and lungs as long as the rests in between the activities are kept short. It can be adapted to incorporate skills for a particular game.

 Circuit training can develop aerobic and anaerobic respiration. Fill the gaps.

- When using large muscle groups at each station (moving the whole body), a _____ respiration is in operation and this will develop the cardiovascular system.
- If exercising small muscle groups (such as the biceps and triceps) in turn at the stations, this is a _____ respiration which builds strength.

HOW THE METHOD WORKS

A circuit is made up of physical activities performed one next the other in the form of a circle.

✚ Fill the gaps with the right words:

STATION

REPETITIONS

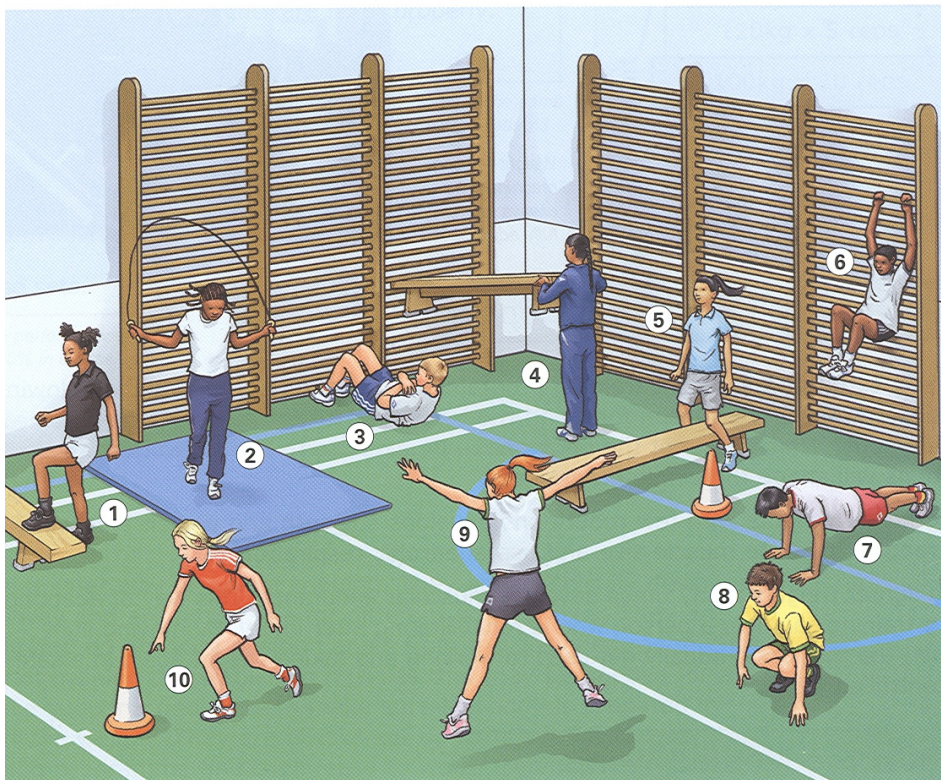
Each activity is given its own space in the gym; this is called a _____. Each activity is completed as many times as possible, these are called _____. There is a set time for each activity, this is usually between 30 and 60 seconds.

In this time we will work with rhythmic accompaniment by a lively music to motivate us. When the time of performance is over, a calm music will sound for 15 or 30 seconds to allow you to move onto the next station.



When all exercises at each station are completed, the circuit is finished. By repeating the circuit or adding exercises, the session increases in intensity.

✚ Find the numbers for each exercise performed in this circuit.



“Folens GCSE P.E” Edexcel

Sit-ups
Bench activities
Leg raises
Shuttle runs
Squats

Skipping
Push-ups
Steps-ups
Bench lifts
Star jumps

ADVANTAGES AND DISADVANTAGES

A circuit can be set for individual needs. Each person doing the circuit can have their own targets. This means that beginners and fitter people can work at the same time because they can work within the same time limits, but they each complete a different number of repetitions. Completing a circuit can be competitive and motivate people to work harder and achieve more repetitions.

Even with inexpensive equipment, a successful general fitness circuit can be set up. But remember that the order of events is important. You must alternate: Upper-body, Trunk and Lower-body.

🚩 Look above at exercises and fill the chart depending on the part of the body that work in every station.

UPPER – BODY	TRUNK	LOWER – BODY

🚩 You will be asked to write out a circuit. Read the advantages and anticipate some disadvantages.



ADVANTAGES	DISADVANTAGES
<ul style="list-style-type: none"> ▶ Develops all the components of physical fitness ▶ As exercises can be done inside, there is no need to worry about the weather ▶ The variety of exercises prevents boredom 	<p>✗</p> <p>✗</p> <p>✗</p>

ACTIVE CHALLENGE. Remember that in three weeks you and four peers are going to lead your own circuit training. You must be careful specially in next aspects :

1. Check the availability of the material provided in the gym that you need the day of your performance
2. Use as many material as you can to increase the motivation of the participants and place it all over the gym
3. Build the circuit alternating the three parts of the body (upper, trunk and lower body)
4. Prepare at home the music according with the time of work and the time of transition (lively and calm music) for 60 seconds and 30 seconds respectively
5. Draw the circuit with the name of the muscle that works in each station and a little drawing of the exercise to help your classmates
6. Show the draft of your planning session to the teacher to be sure you are in the right track.
7. Write some expressions to explain how your circuit works and how the exercises must be done (you can also use physical examples)
8. Work in team and remember that the place and collection of your equipment is your responsibility. Get yourself organized to control de timing!



For instance; the circuit below has really good things that can help you, however it doesn't follow some of the keys written above. Try to be critic with your group and you sure will prepare an excellent session to your partners.

