



Team BWS

How to build a circuit using the circuit cards/exercises:

1. Download a **Tabata App** to your phone OR use a stop watch.
2. Use the exercises to make a circuit, these are a guide, there are lots more.
3. Pick 4 exercises; legs, arms, trunk x2 e.g.
 - Legs: Lunges
 - Trunk: Sit-Ups
 - Arms: Chin Ups
 - Trunk: Plank rotation
4. Complete a circuit, 3 times through **(this will take 12 minutes)**
5. Pick how hard you want it;
 - **Easy:** 30s work 30s rest
 - **Medium:** 40s work 20s rest
 - **Hard:** 50s work 10s rest
6. Try and do it every day, pick different exercises and see how you improve.
7. Test yourself at the end of each week and record the result.

Tests to failure:

Arms:

1 press up = full arm extension down to nose touching the floor.

Legs:

1 squat = straight legs to 90 degree leg bend.

Abdominals:

1 sit up = knees bent, no weight on feet. Shoulders blades on floor up to elbows touching knees.

Back:

1 pull up = straight arms to chin above bar.