

Circuit Course Activity

Directions: Here is a Fun and Fast Circuit Course Activity to try with your family. For this workout, get the family together and follow these exercises that will be done in two-minute intervals. After completing the provided circuit, use the bottom section of this activity with family members to create a circuit of your own!

Fun and Fast Circuit Course Activity

	Low intensity	Higher Intensity
Warm-up		
	Warm up by marching in place and swinging your arms for 2 minutes.	Warm up by climbing stairs for 2 minutes or marching while bringing your knees up high and swinging your arms vigorously.
Take about 3 minutes to stretch.		
Start moving		
	Jump or walk in place raising your knees up high while swinging rope on one side of your body and then the other side for 2 minutes.	Jump rope for 2 minutes.
Jumping jacks		
	Lower impact jumping jacks, keep your arms moving but try jumping only every other repetition.	Do jumping jacks for 2 minutes.
Legs		
	Move across a room or hall while swinging your legs in front of you for 2 minutes	Move across a room or hall while doing front kicks for 2 minutes.
Do pushups for 2 minutes, resting for several seconds after every 10-15 repetitions.		
Stretch as necessary		
	Modified pushups on knees or standing pushups on wall for 2 minutes.	Pushups on toes for 2 minutes.
Do 2 minutes of crunches/sit-ups		
	Keep trying for the whole 2 minutes	

Keep on moving



Walk briskly while swinging your arms for 2 minutes.

Jog around the house or a room for 2 minutes.

Repeat marching in place and swinging your arms for 2 minutes.

Repeat climbing stairs for 2 minutes or marching while bringing your knees up high and swinging your arms vigorously.

Jump around for 2 minutes

This could be leaping, jumping straight up and down, or any number of other moves that get you jumping around

Jabs

Low-key, slower jab, punch and kick for 2 minutes.

Vigorously jab, punch and kick for 2 minutes.

Cool down

While slowly swinging your arms, slowly march in place or walk around your house for a couple of minutes to cool down.

Stretch

Take a few minutes to stretch after you feel your heart rate come down

Make your Own Circuit Course!

Plan a Fun and Fast “Course” for you and your preteen. Choose ideas for stations from the in-class and home activities and then ask your family members what other stations they would like to add. Have fun!

Warm-up	
Rotate to each Station for ____ (#) minutes	
Station #1:	
Station #2:	
Station #3:	
Station #4:	
Station #5:	
Station #6:	
Cool down	
Light stretching	