

Circuit cards



Circuit cards should not replace effective instruction and reinforcement of teaching points.

They should be used to:

- Clearly identify the station.
- Illustrate the exercise.
- Support the instructor's verbal commands.

Circuit cards

Ideally, circuit cards should include:

- The station number.
- The name of the exercise.
- Muscle groups worked.
- A diagram of the start position or exercise.
- Key teaching points.
- Exercise alternatives.

Circuit card EXAMPLE

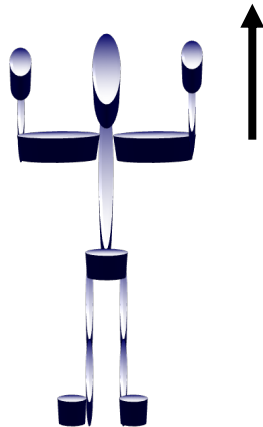
D/B Shoulder press

◆ Trapezius

◆ Deltoids

◆ Triceps

1



- ❖ D/Bs just above shoulder-height.
- ❖ Wrists in line with the elbows; palms facing forward.
- ❖ Extend the arms without locking out the elbows.

- ❖ **Alternative – D/B lateral raise**
- ❖ **Adaptation – Seated D/B shoulder press**
- ❖ **Progression – Slow down the eccentric phase**