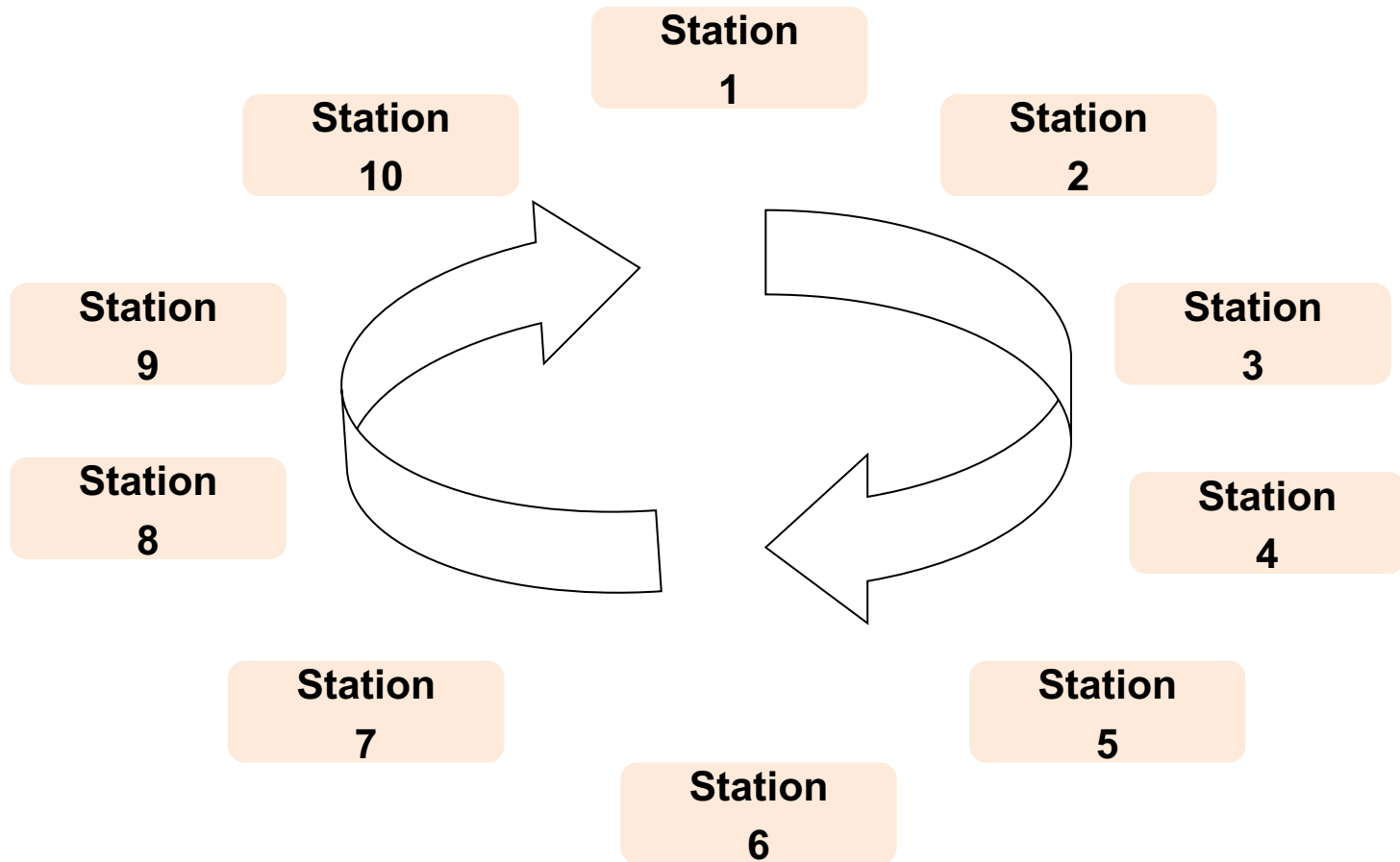
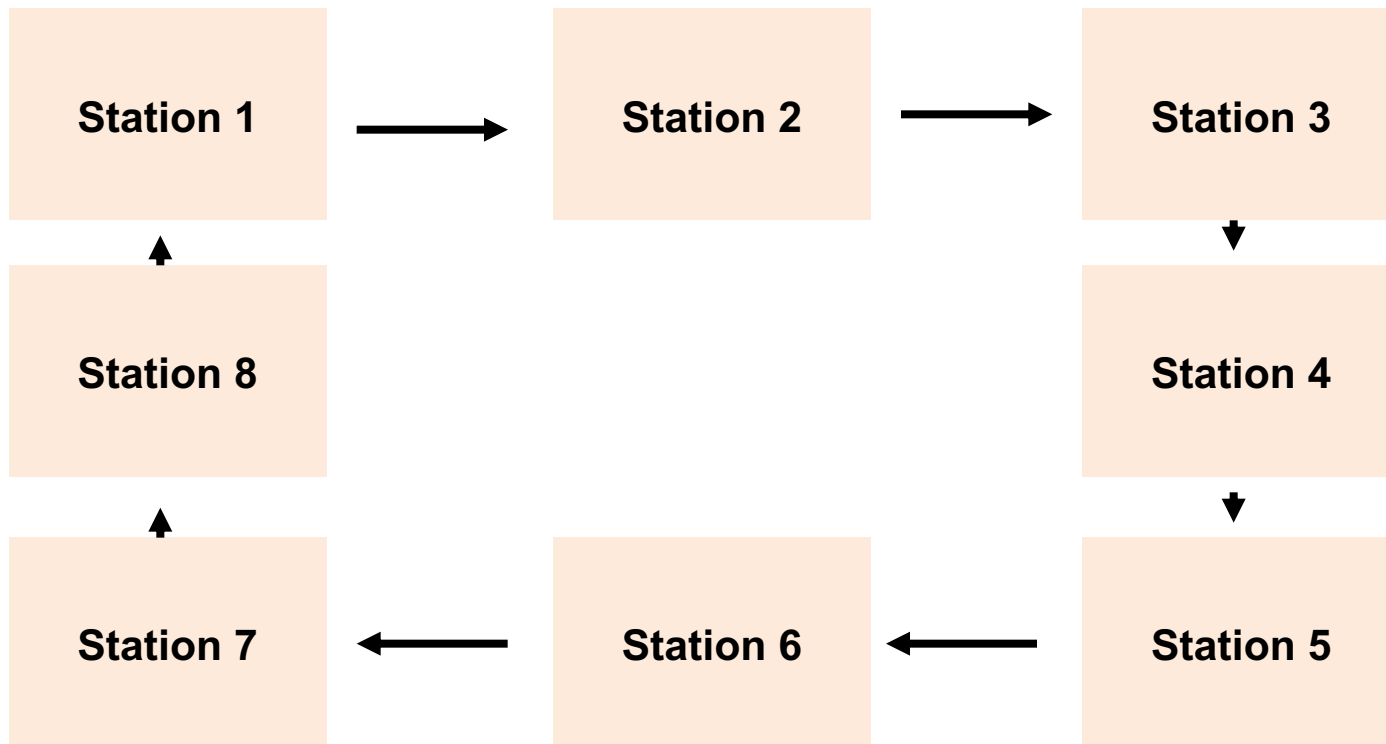


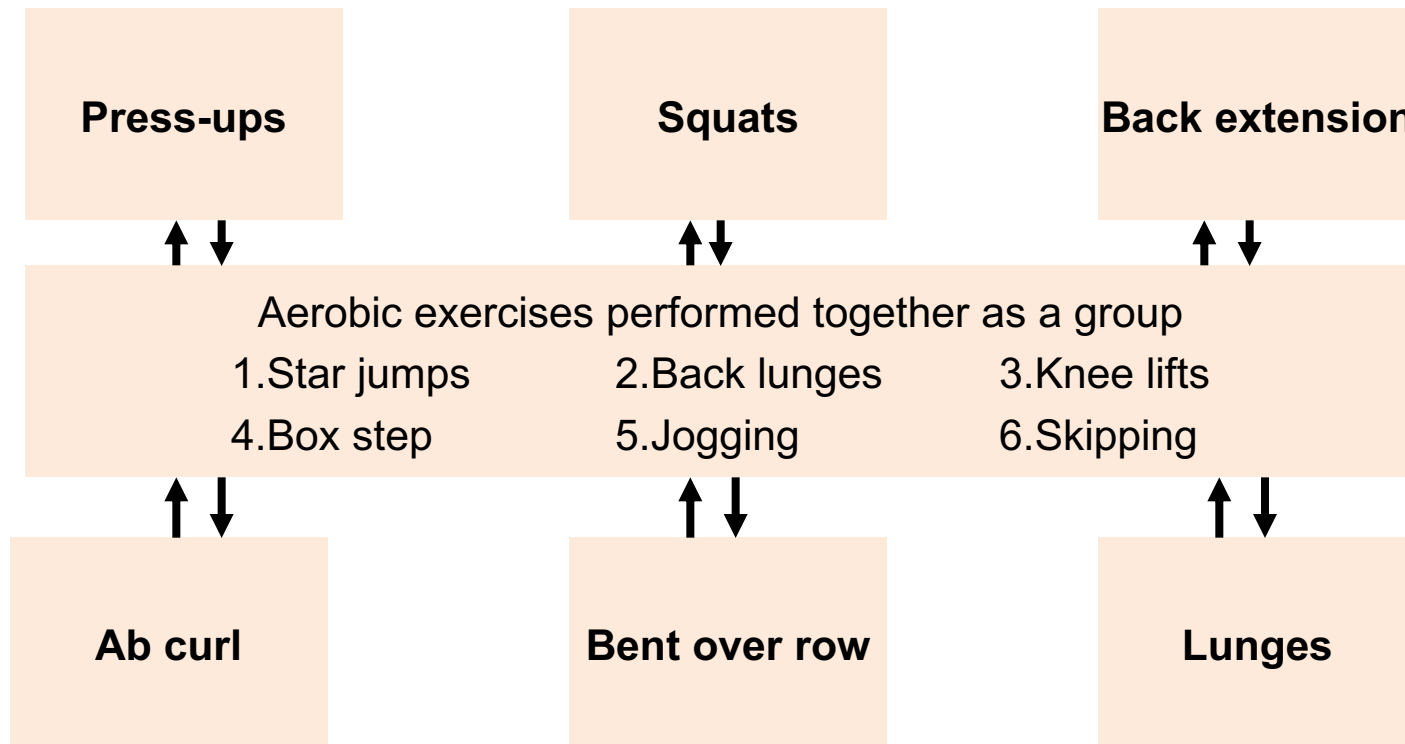
Circuit training layouts – Satellite circuit



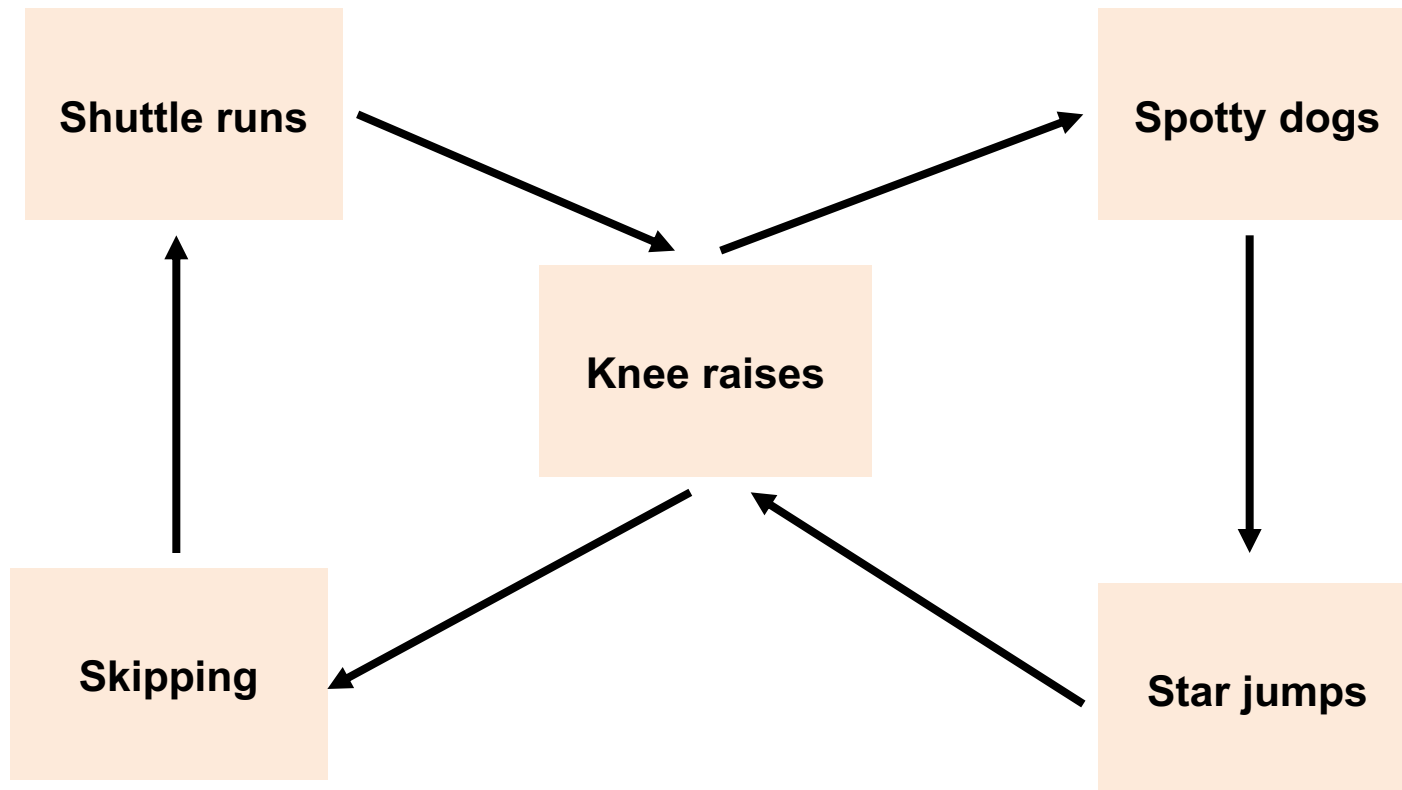
Circuit training layouts – Satellite square



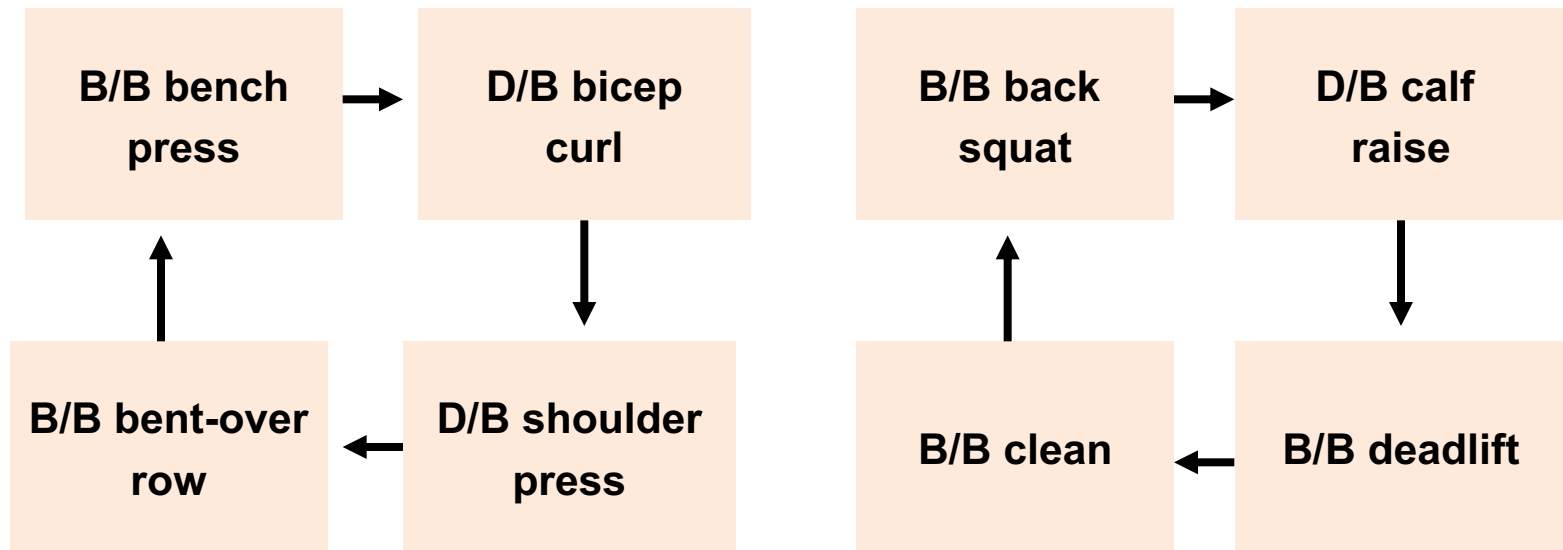
Circuit training layouts – Muscular strength and endurance satellite-aerobic unison



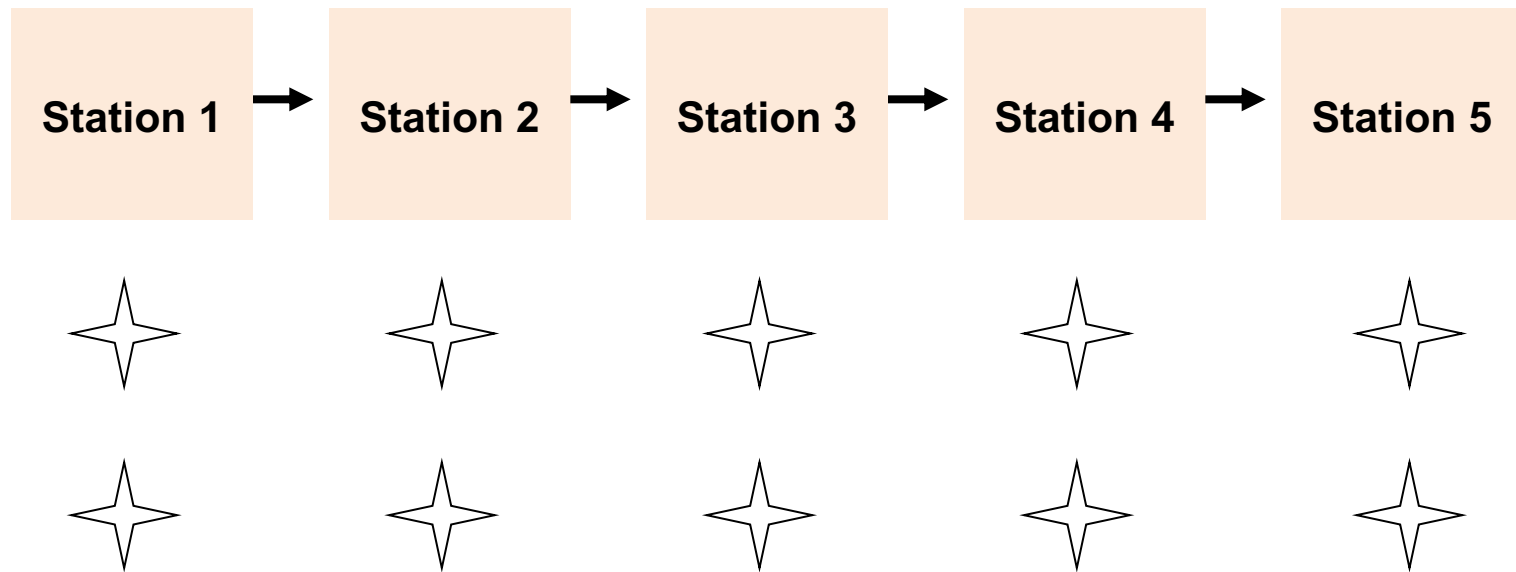
Circuit training layouts – Bow tie-aerobic



Circuit training layouts – Squares-strength

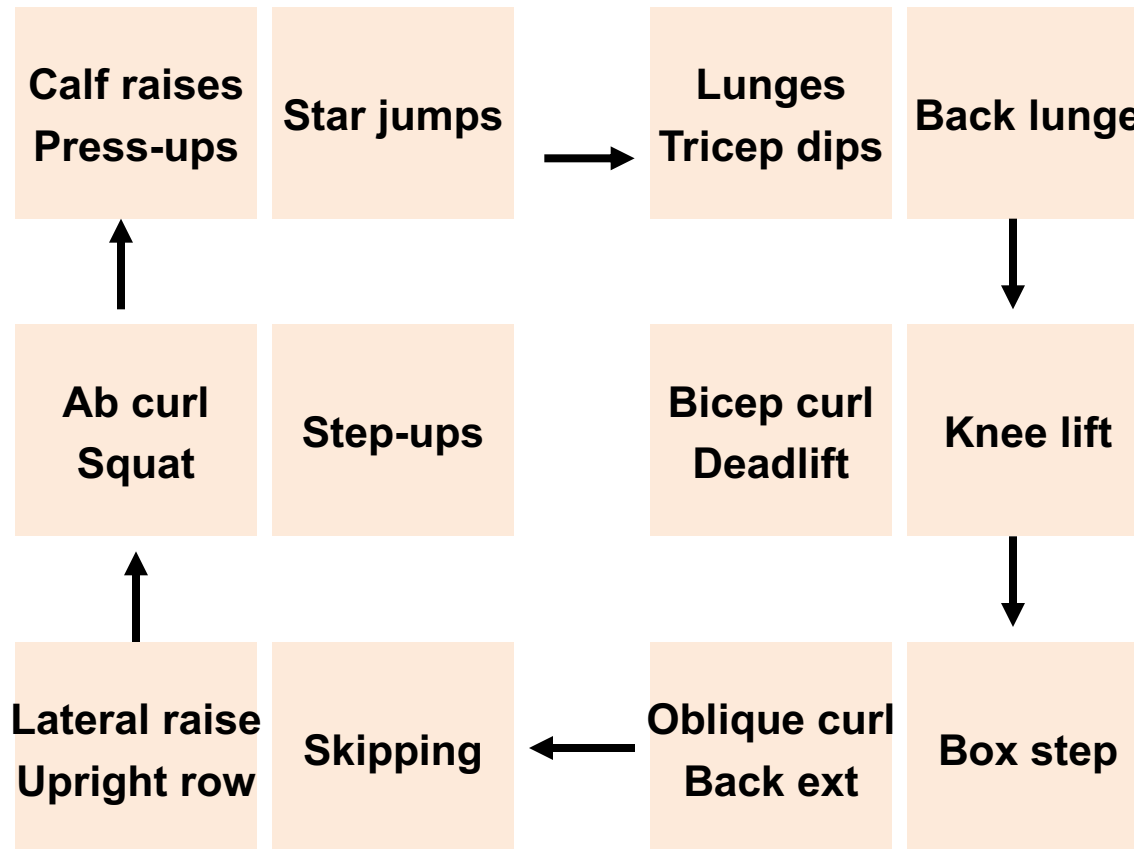


Circuit training layouts – Lines

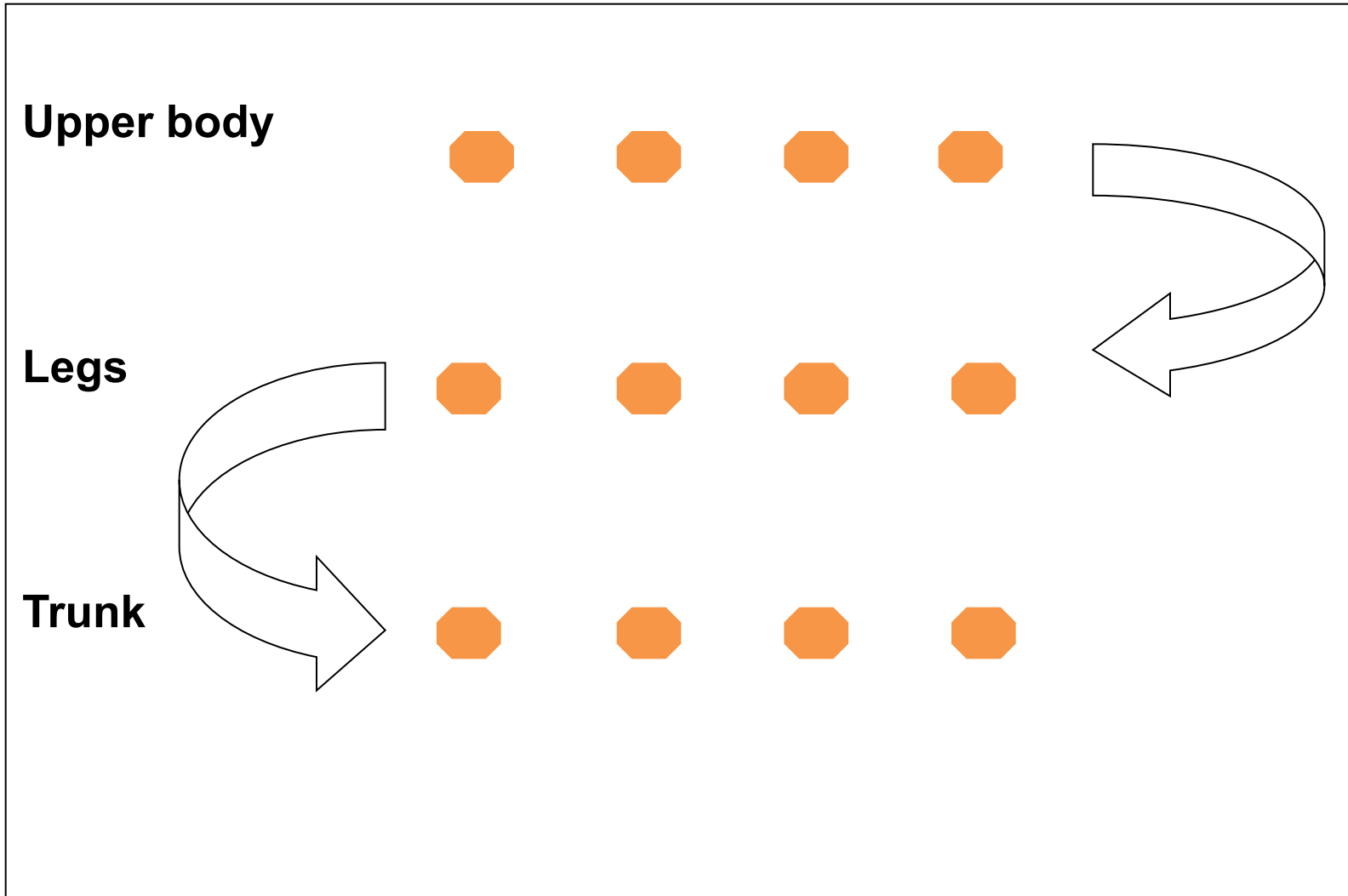


 – Indicates a client

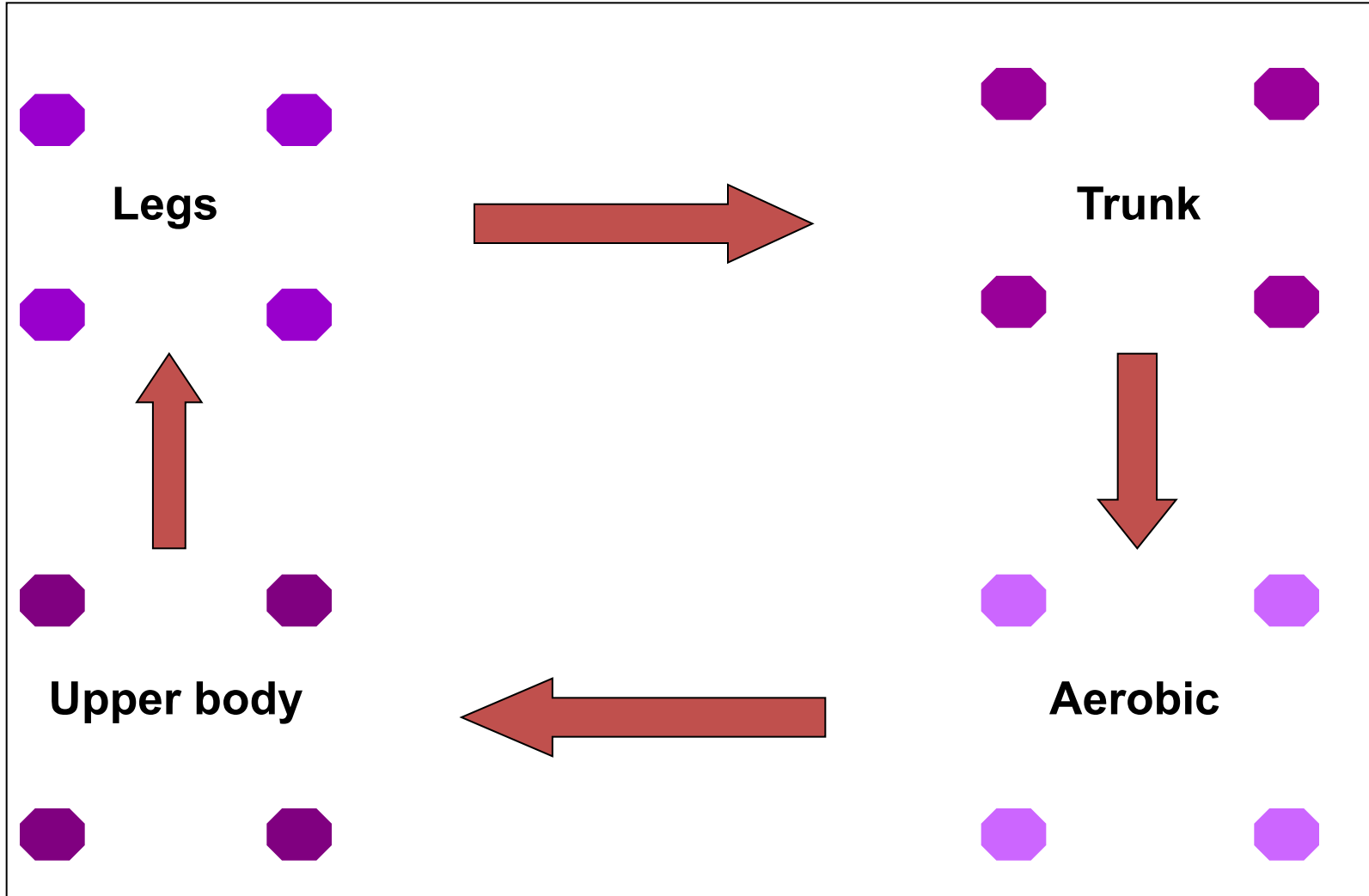
Circuit training layouts – Pairs



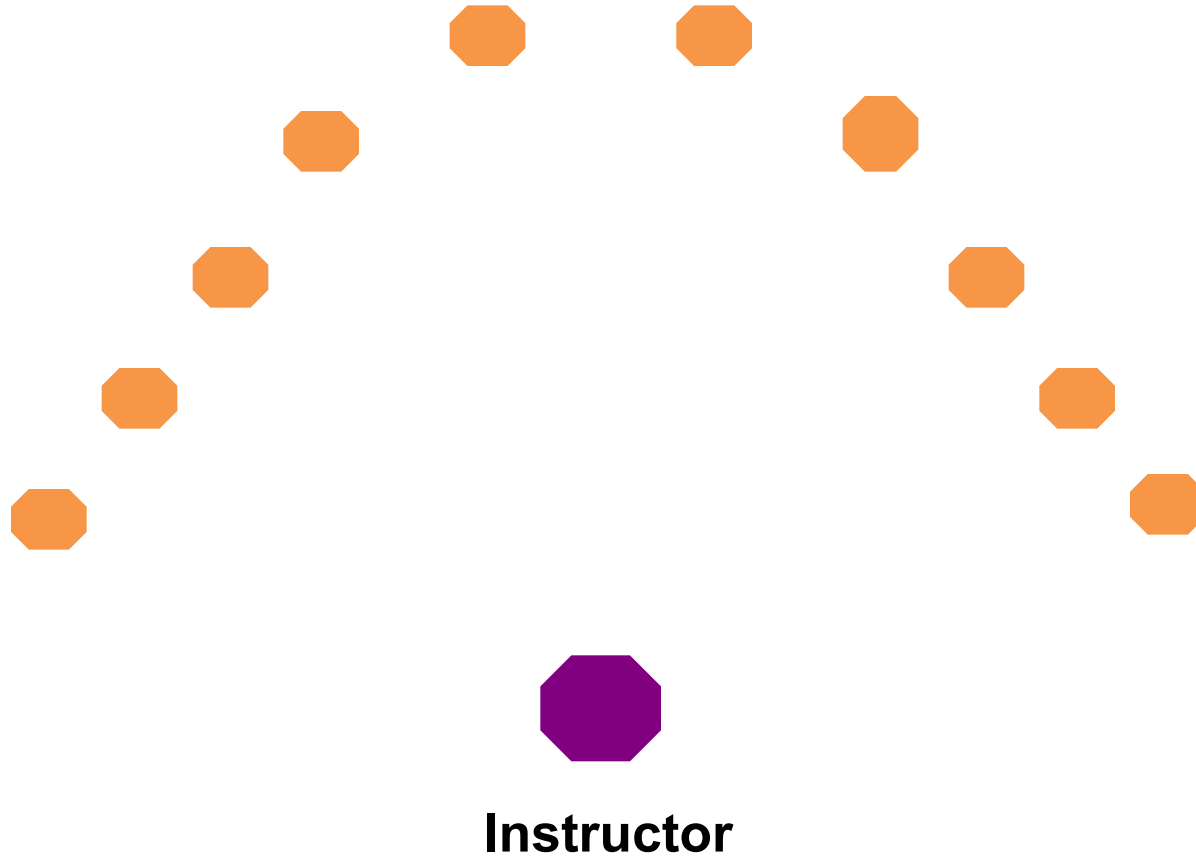
Circuit training layouts – Once through



Circuit training layouts – Corners



Circuit training layouts – Follow the leader



Circuit training layouts – Work, rest and play



Work stations, e.g. bench press shuttle runs



Rest stations, e.g. active recovery

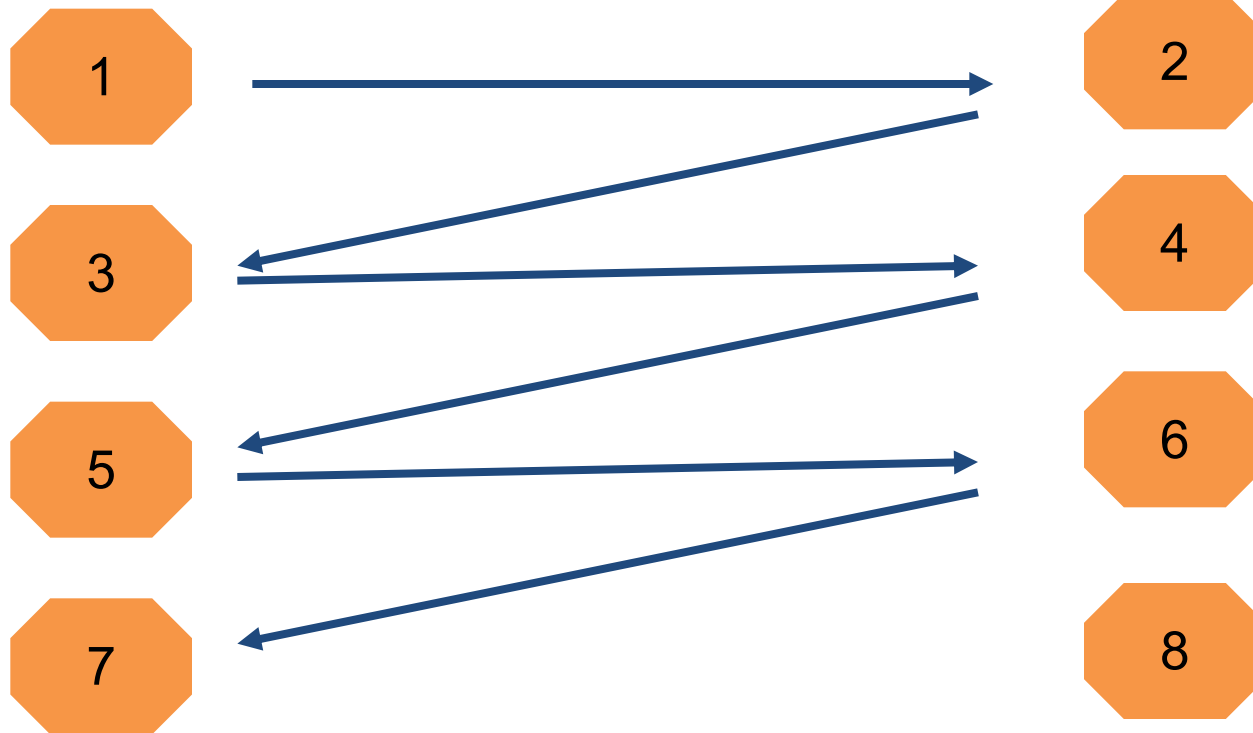


Play stations, e.g. skills, agility, balance etc

Circuit training layouts – Forward and back – Muscular strength and endurance

Upper body

Lower body

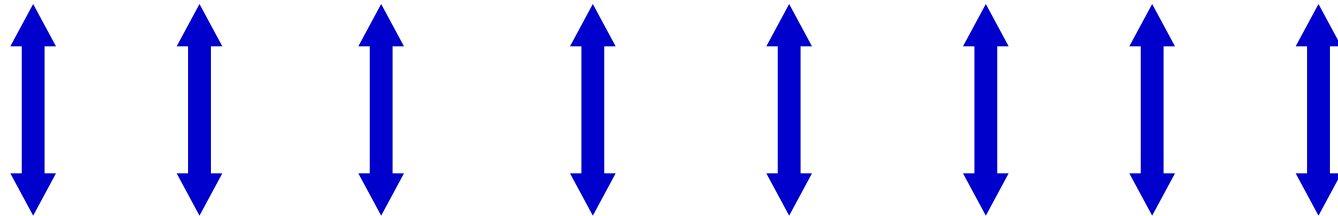


Circuit training layouts – Bleep

20m



20m shuttle



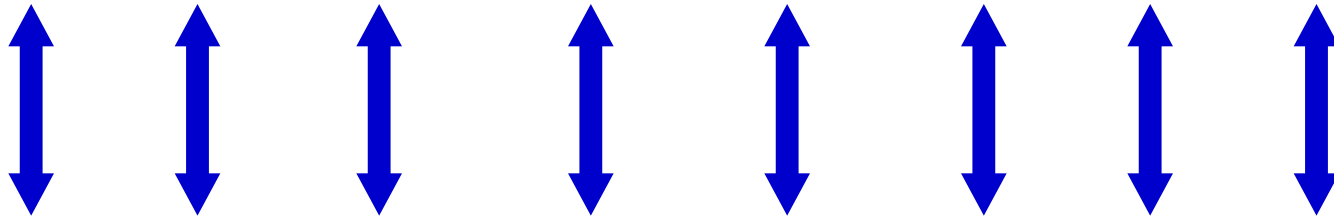
0m



Circuit training layouts – Ton-up

1 2 3 4 5 6 7 8

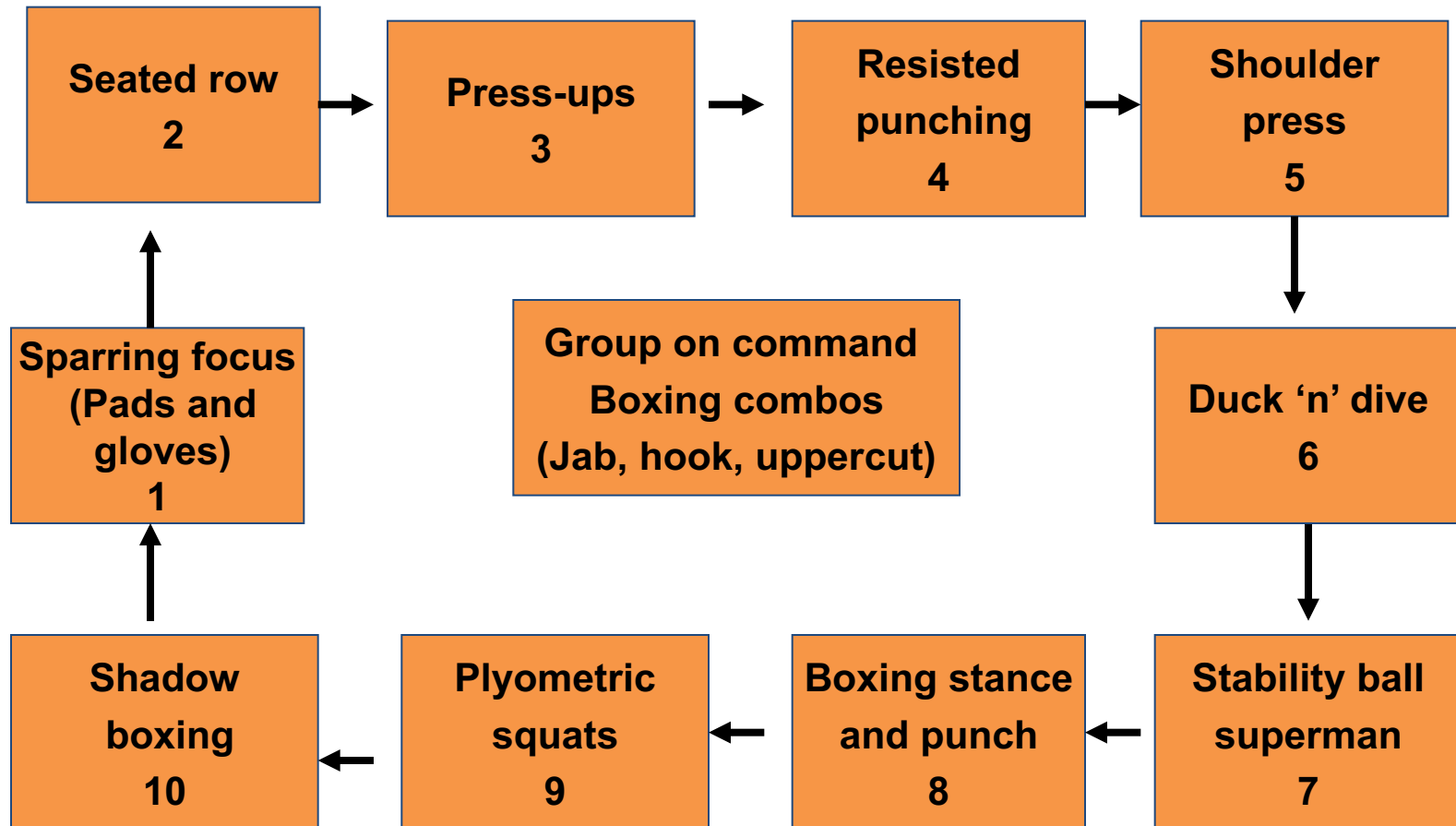
Strength/endurance stations, e.g. press-up, lunges etc



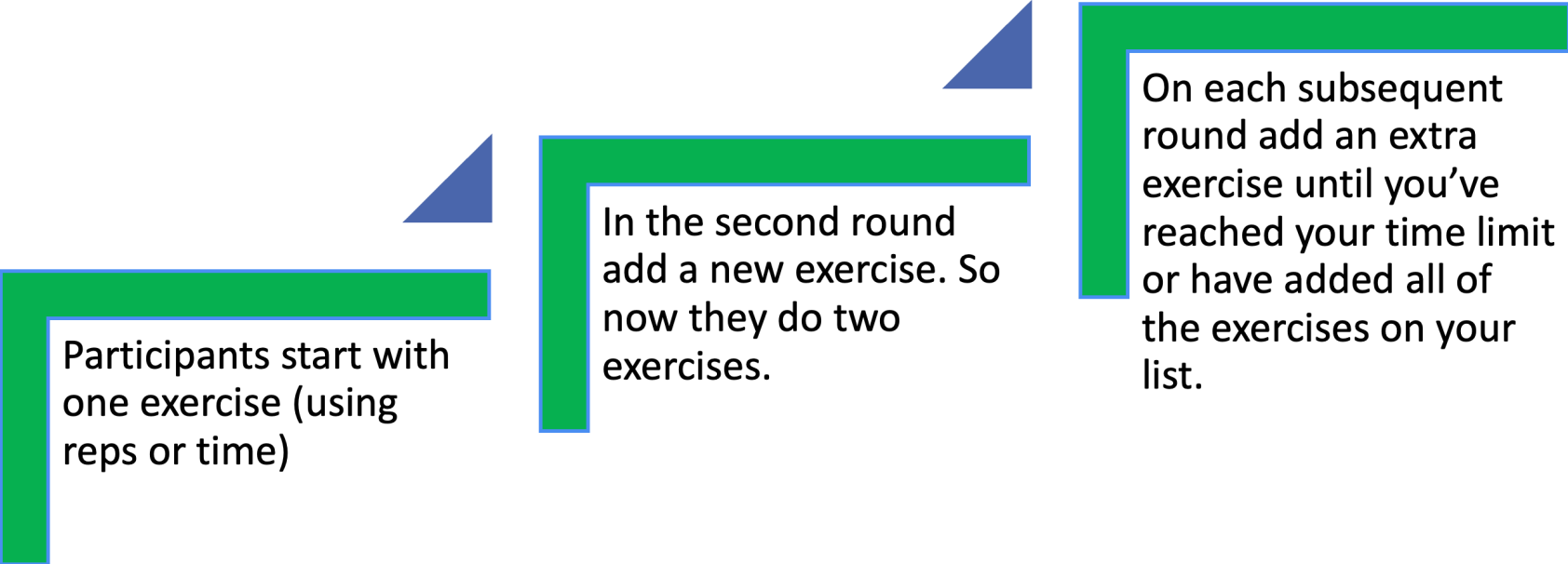
Shuttles between active recovery stations

1 2 3 4 5 6 7 8

Circuit training layouts – Sports-specific – Boxing



Accumulator



Participants start with one exercise (using reps or time)

In the second round add a new exercise. So now they do two exercises.

On each subsequent round add an extra exercise until you've reached your time limit or have added all of the exercises on your list.