



Name of circuit: '3 minute wonder'

Number of stations: 3

The number of stations can be more or less to suit the individual or group

Number of circuits: 3

3 min on each station with 1 min rest after completing the 3 stations

Repeat this 3 times.

Average time is 30mins. This is excluding warm up and cool down.

Equipment required:

You can do this one as an individual, with a partner or a group of three.

1. Set yourself up on a station
2. Start the clock. Go as far as you can in 3 minutes and record the distance
3. Move straight onto the next station. Reset the clock.
4. Go hard for 3 mins. Record the distance
5. Move straight onto the last station. Reset the clock
6. Go hard for 3 mins. Record the distance

Have a 1 minute recovery and repeat the sequence two more times.

Add the 3 distances up for the 3 pieces of equipment. ie rower/753mtr, 765mt, 742mt = Total 2260mt. Plus treadmill and bike

Record the distances for all 3 stations. Have other teams or partners beat your scores, or as an individual try and beat your own in 3/4 weeks time.

This is a tough cardio circuit, but teams and individuals can still work at their own pace. Don't forget to pick your lungs up on the way out!

Warm-up: 5-10 min duration

(light jogging, skipping, running on the spot). Ensure participants mobilise and stretch all major muscle groups that will be used in the circuit.

Cool-down: 5-10 min duration

Ensure participants adequately stretch all major muscle groups that have been used in this circuit



Think about

- Set equipment out closely to minimise change over time.



Look out for

- Technique – never sacrifice technique for speed
- Poor posture and execution of exercise



Handy tips

- Be aware of past/current injuries or conditions that may effect the ability to perform an exercise.
- Keep towel and water bottle handy
- Only reset the clock if your are doing this as an individual
- As a team, keep the clock running. It's the combined distance