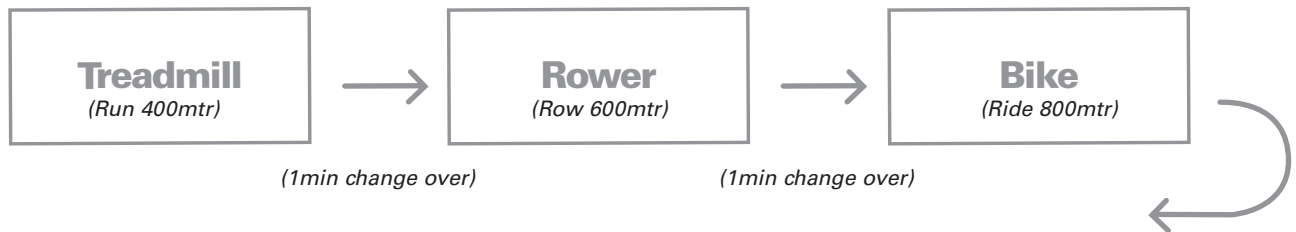


Cardio Club circuit 6



Name of circuit: Cardio Combo

Number of stations: Complete as many rounds within 20min

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

Number of circuits: Will vary

Duration 20min. This is excluding warm up and cool down.

Equipment required: 1x Bike, 1x Rower, 1x Treadmill

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.

All circuits programs are designed in conjunction with the Circuit4life large pack and mini cards. Please see products on website for more details.



Think about

- Bike set-up. Make sure it is adjusted to suit your body.
- Pace yourself, the objective is to finish as many rounds in the 20 minute period.



Look out for

- Poor posture and seat height. It's important for your knees that you're not sitting too high or low.
- Ensure treadmill comes to a complete stand still before dismantling



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. Take a drink in between stations.

