

Cardio Club circuit 13

All exercise programs are designed using the Circuits4life toolbox. See products

(Place Marker 5mtr apart, total distance from start to finish is 50mtr)



Name of circuit: Shuttle Drills

Number of stations: 3

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

Number of circuits: 1-2

Working as individuals complete 3 separate stations as quick as possible.

Station 1 - Up 2 back 1

Run out to marker 2, back pedal 1 marker.

Run FWD 2 markers back pedal 1 marker

Continue this sequence until you have reached the end. RPT sequence back to start

Station 2 - Up the ladder

Run to first marker touch the ground, run back to start

Run to second marker touch the ground, run back to start

Run to third marker touch the ground, run back to start

Continue this sequence until you have reached the end. RPT sequence back to start

Station 3 - Complete 6 full length runs (50mtr)

Run from start to finish 6 times for a total of 300mtrs

Equipment required: 20 x Markers or talc powder to mark distance

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

- A complete warm-up and stretch of the lower body
- Total length can be more or less than 50mtr depending on fitness levels of participants or space



Look out for

- Participants stopping short of the line! They must touch the line with hand each time.



Handy tips

- Ensure participants have hats, caps, water bottles, sunscreen.