

Circuit 1 minute on/30 second transition

	ACTIVITY	Round 1	Goal	Round 2	HRC
1.	Push-ups				
2.	Squats				
3.	Sit-ups				
4.	Lunges				
5.	Agility Ladder				
6.	Burpees				
7.	Slam Balls				
8.	KB Swings				
9.	Shoulder press/Jerk				

Directions:

1. Follow the rainbow.
2. Record the quantity of quality repetitions, (reps), for round 1.
3. Perform each movement 1 minute and record during transition time of 30 seconds.
4. After first round, set a goal number of reps you expect to achieve for round 2.
5. Answer analysis questions below in complete sentences.

ANALYSIS:

1. What was the purpose of this circuit?

2. Did I achieve my goal number in Round 2? Explain.

3. What have you learned about yourself, as it relates to the activity? For example, "I learned I should practice push-ups outside of class, because that is the activity in which I had the least reps.

4. Discuss with a partner how you might use what you have learned, outside of class.