

Great Ways To Use Circuits Successfully



Mixed Level Classes

It is often challenging because students in the same class may be at wildly different levels in flexibility.



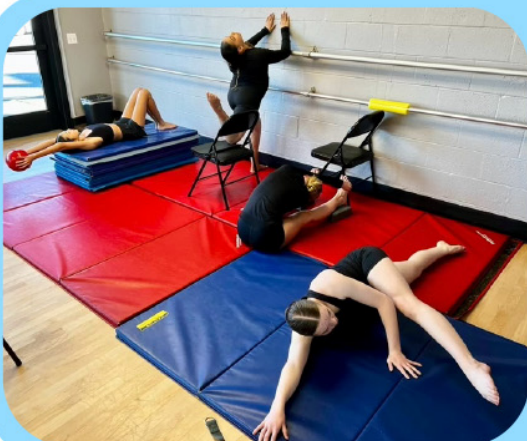
Circuits are a perfect way to make sure everyone can work at their level.



Circuits allow students to target the areas they need most.

Active Warm Up Circuits

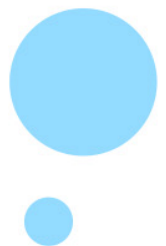
After a good cardio warm up, add a warm up circuit where students use active, mobility based exercises to make sure each part of their body is ready.



Warmed Up

In Correct Alignment

Muscles Activated



Student Leaders



Giving your students a chance to lead circuits can boost their self-esteem and motivation. It will also strengthen their sense of confidence.

Incorporate Both Strength & Flexibility Exercises

Tell students what specific skill they are working towards. Use the circuit to target specific strength & flexibility that is needed for the skill.

After the circuit work, students will find the drills & skill repetitions easier.



Less Equipment



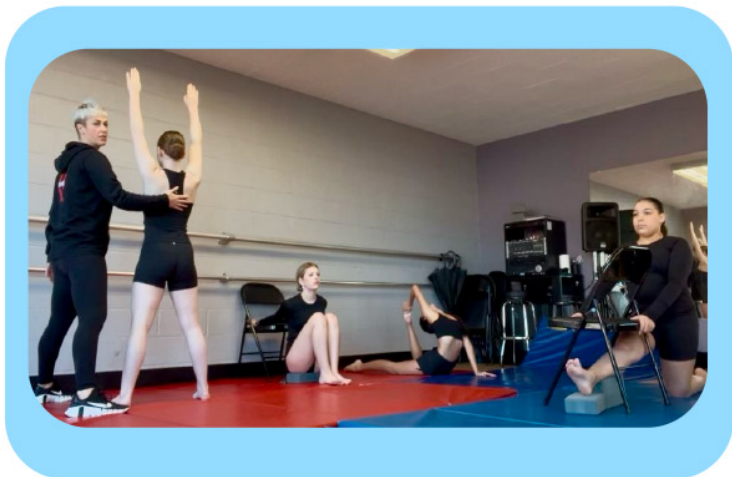
Circuits are a very handy way to juggle the challenge of not having enough equipment for all your students.

Be creative, there are so many ways you can do more with less!



Don't Waste Time While Spotting

If students are working on a skill like standing bridge, design a circuit that will help them be ready for your spot. Incorporate in a hip flexibility, shoulder/upper back, and a back warm up element.



They are active & prepared while you are able to spot without students waiting.

Teach Students to Remember the Steps

Appointing stretch leaders in circuits helps students to remember all the steps of the stretch. This will make it easier for them to practice the exercises at home & improve more quickly.



Giving encouragement or little prizes to the students who successfully remember will help. Switch the leader for each exercise.

Similar Set Ups



Grouping stretches that match in equipment or set up helps make the set ups quick & efficient. Showing them an image of the set up or the exercise beforehand helps.

Give students 10 seconds to set up, and 10 sec to switch circuit placement.

Calm Cool Down Circuits

This is a great way to winddown our minds & bodies at the end of class. Choose exercise that gently help release back tension, quads, hamstrings, sides and shoulders.

Make the goal tension release & winddown, not push for progress & perfection

