


## Introduction to Fitness

Our students in PE have been completing a range of fitness activities during the time they have been at home.

**Circuit training** - is where you perform different exercises, for a set amount of time with a rest afterwards.

Below is a short circuit training session which we would like you to complete and record how many of each exercise you do in the 30 seconds you are working for. You will need to complete each exercise for 30 seconds and rest for 30 seconds afterwards before starting the next exercise. In the table it has the name of the exercise a diagram of what to do and then a column to write down how many you completed.

Exercise	Diagram	How many?	Attempt 2
Sit ups			
Squats			
Press ups			
Star Jumps			
Lunges			
Plank		Hold for 30 secs	
High Knees			