



Session 10

C-PE 2 (3 units) **PATHFIT II Exercise-based Program**

Spring Semester 2024



Circuit Training Exercises

Figure 1: How to Build the Perfect Circuit Training Workout?
(Source: Anderson, C. 2024. (Online))



Session Objectives:

- Describe the circuit training exercise.
- Identify what are the classification / types of circuit training exercises
- Provide understanding on the importance of simple guide in circuit exercises.



Session Objectives:

- Apply the FIIT Principle in selecting the type of activities to include in the circuit pattern.
- Perform basic non-locomotor core exercises that can be incorporated to PE class activities.



Classification of Circuit Exercises

- Circuit Stamina Training Exercises (CSTE)
- Circuit Weight Training Exercises (CWTE)
- Total Body Circuit Training Exercises (TBCE)



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Different Types of Circuit Exercise

Repetition circuit

Timed circuit

Competition circuit

Sport-specific circuit



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Guide in Creating Circuit Training Exercise:

- ✓ *Do not take large amount of food and drinks prior to CTE.*
- ✓ *Wear appropriate footwear and comfortable / breathable clothes.*



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Guide in Creating Circuit Training Exercise:

- ✓ *Always consider warm-up activities prior to exercise and cool down afterwards.*
- ✓ *Consider buddy-system in exercising.*



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Guide in Creating Circuit Training Exercise:

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Guide in Creating Circuit Training Exercise:

- ✓ *Do not continue with the activity if you are dizzy.*
- ✓ *Be conscious of proper execution, breathing process, proper postural and wearables.*



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APPLIED *FITT PRINCIPLE*

Frequency

Time

Intensity

Type

Total Body Work-out



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Circuit Training Exercises

- **Total Body**
- **Abdominal Muscles**
- **Arms, Chest & Abs**
- **Glutes and Thighs**
- **Calves**



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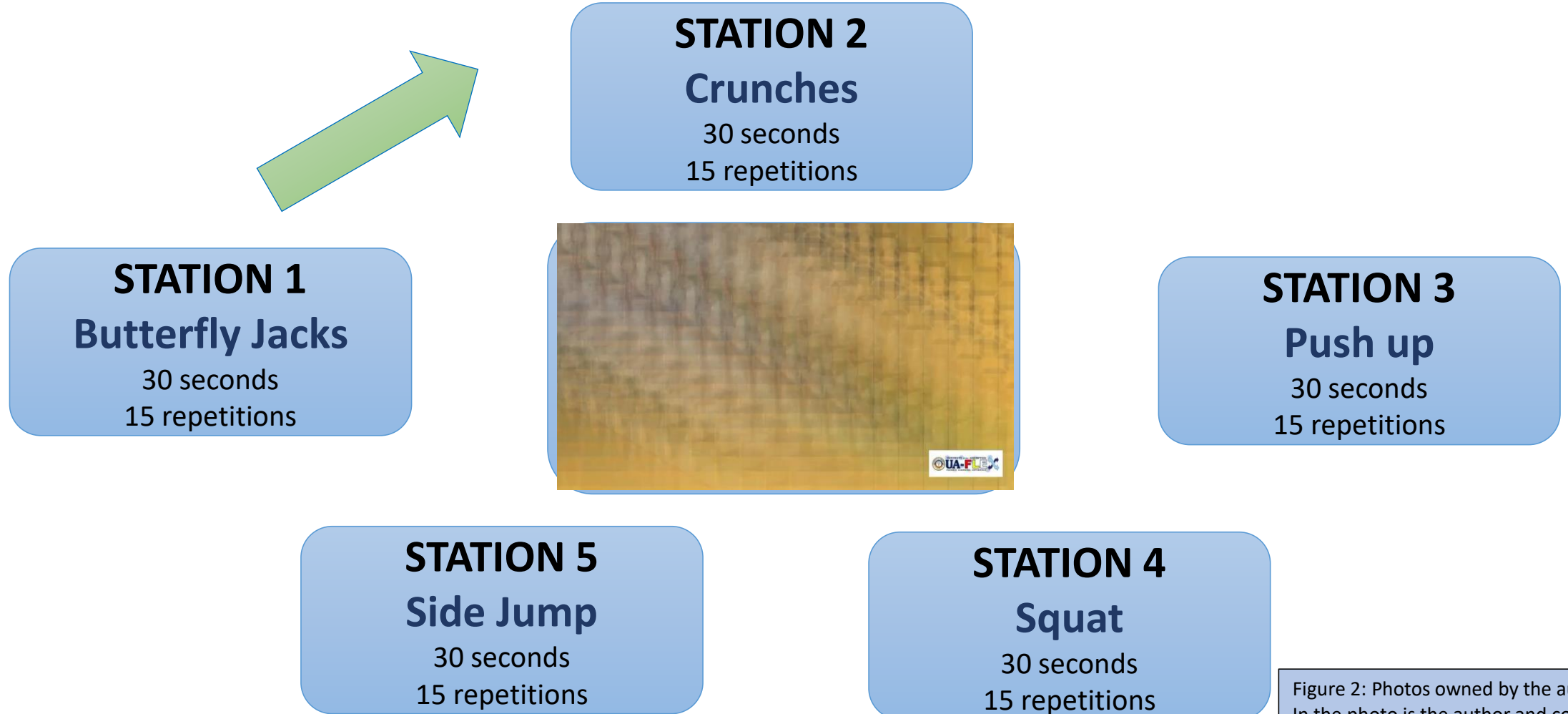


Figure 2: Photos owned by the author.
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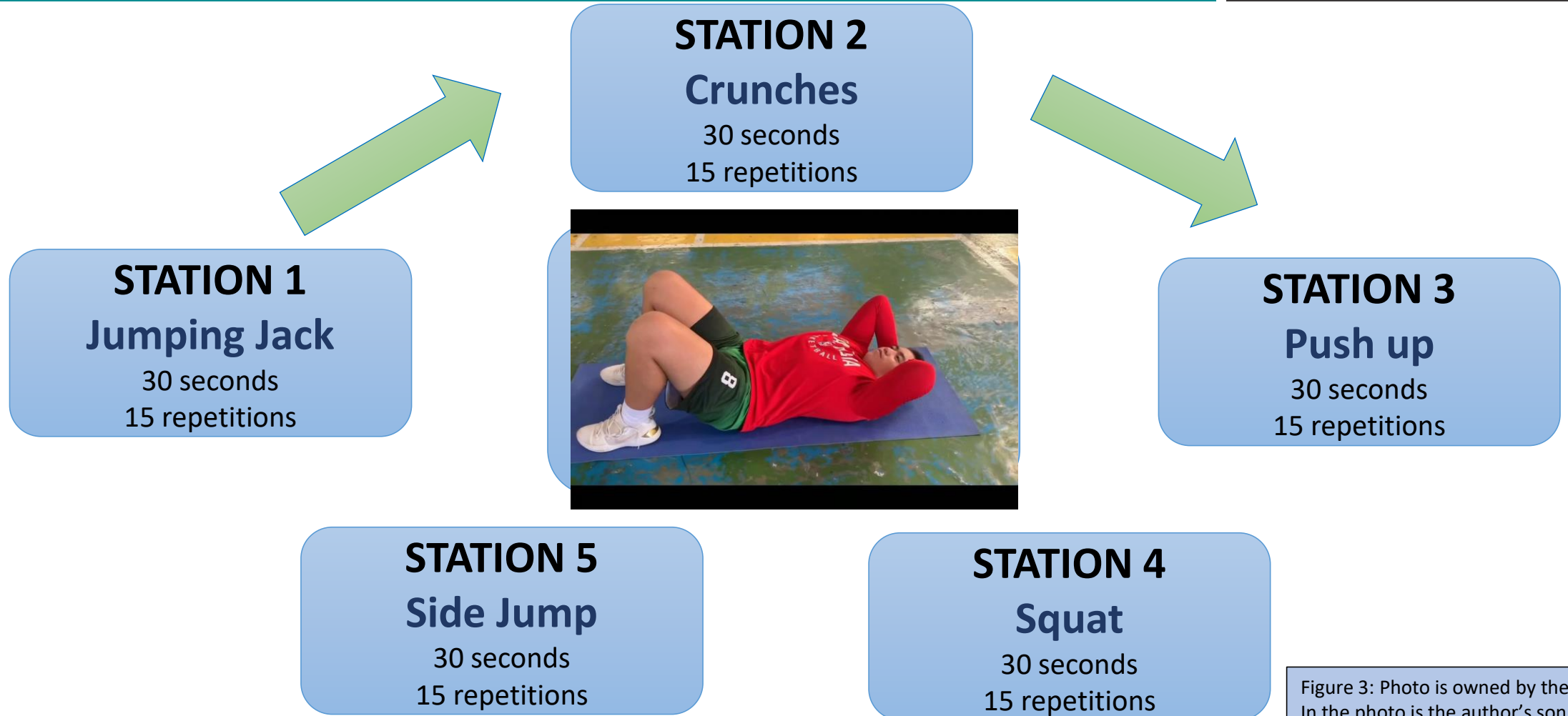


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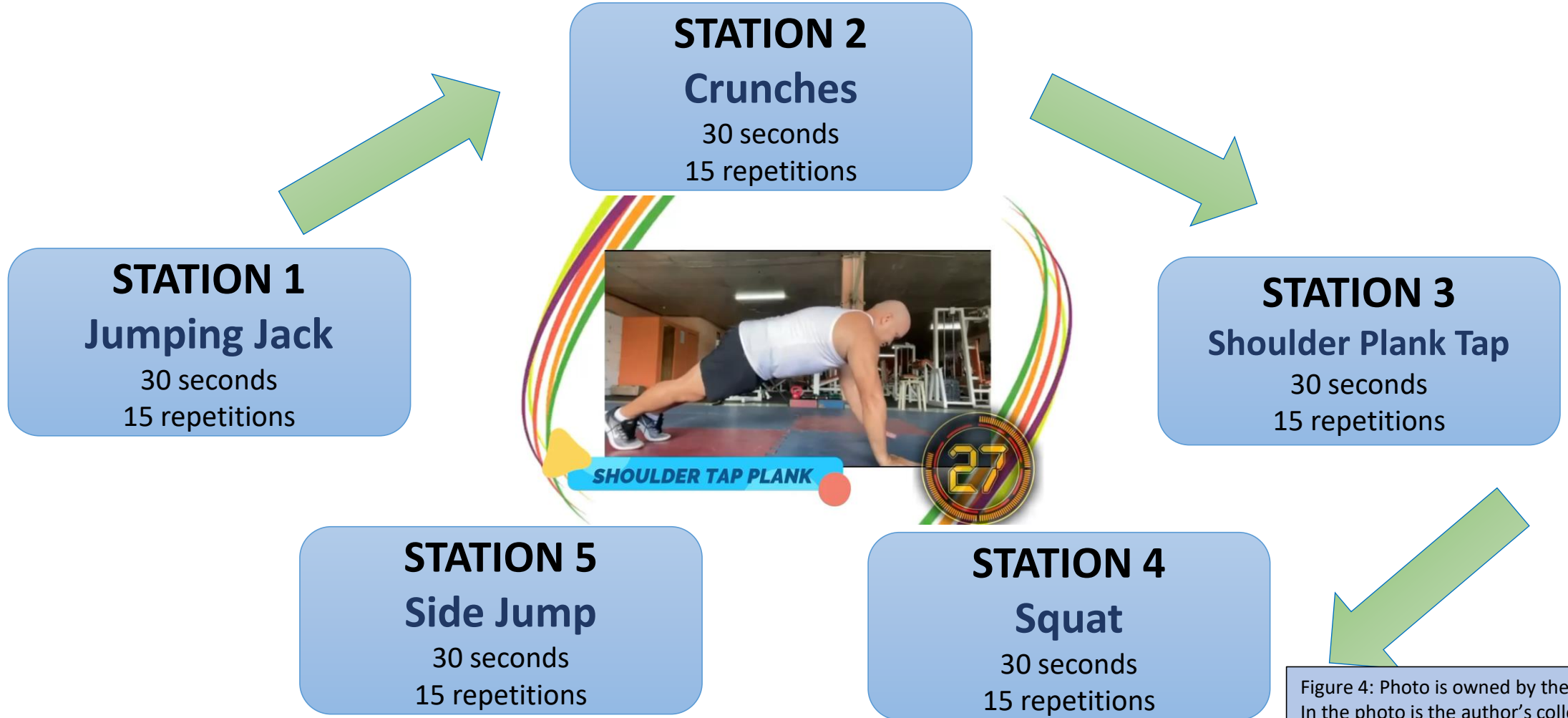


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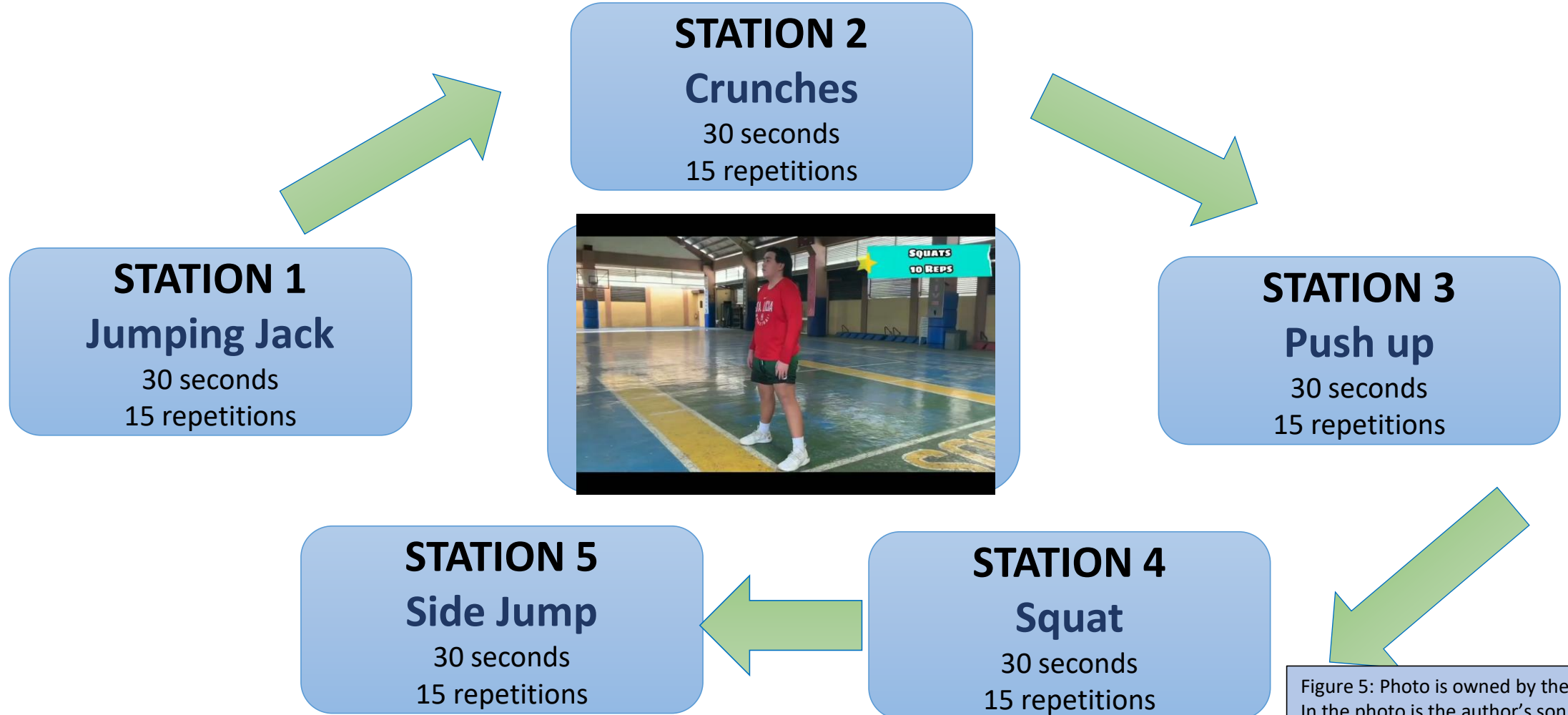


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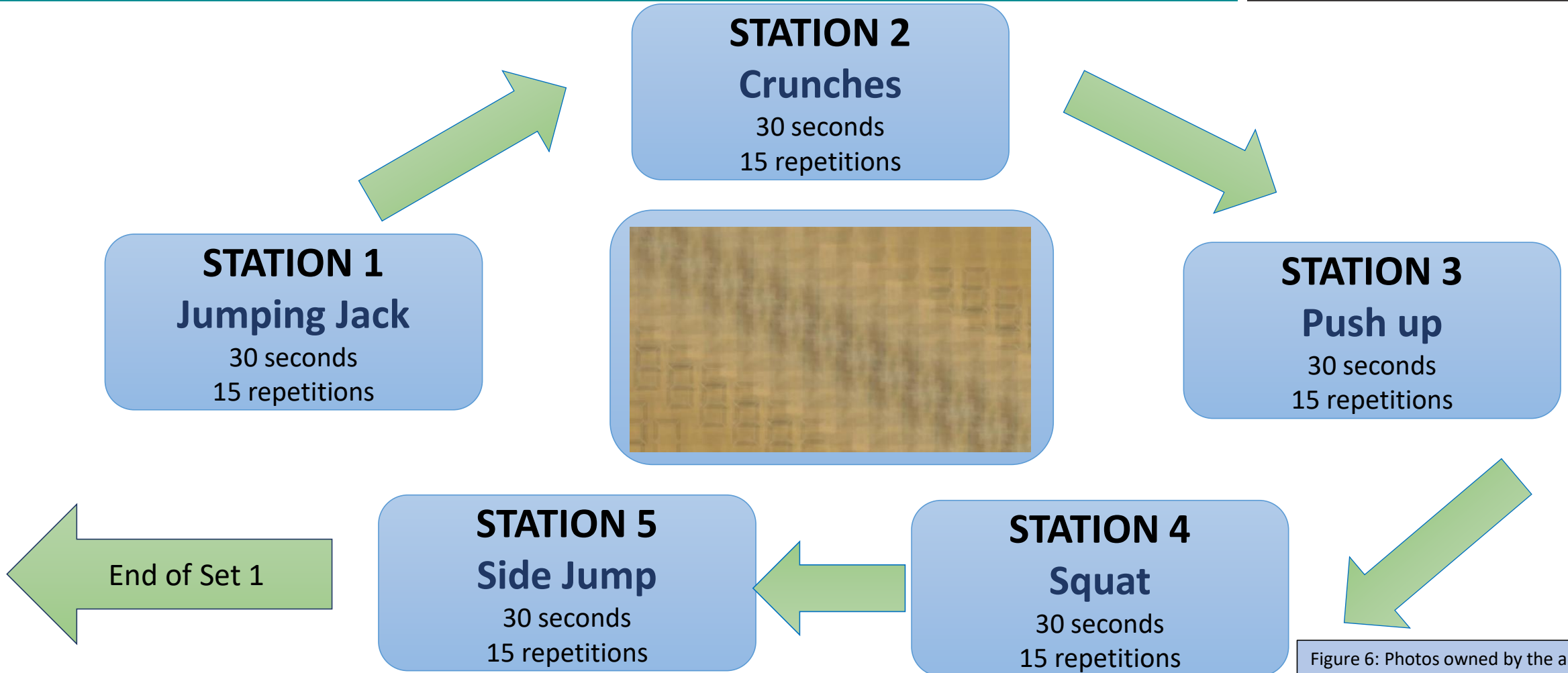


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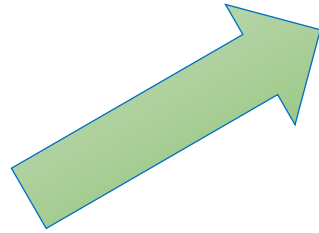
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Circuit Training Exercises

- **Abdominal Muscles**
- **Glutes and Legs**
- **Mid & Lower
Abdomen**
- **Oblique Muscles**



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STATION 2

Knee to Chest

30 seconds
15 repetitions

STATION 1

Plank

30 seconds
15 repetitions



STATION 3

Butterfly Jack

30 seconds
15 repetitions

STATION 5

Russian Twist

30 seconds
15 repetitions

STATION 4

Flutter Kick

30 seconds
15 repetitions



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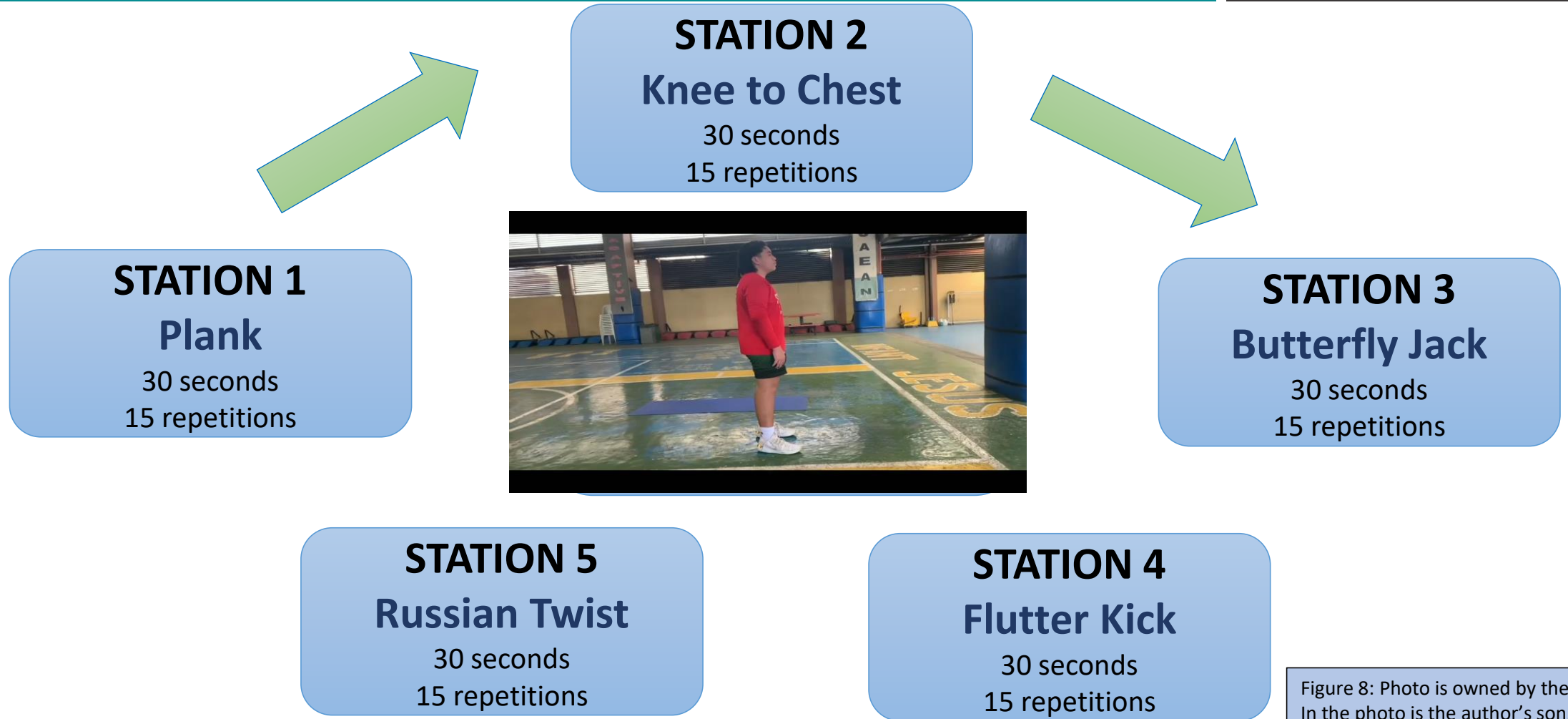


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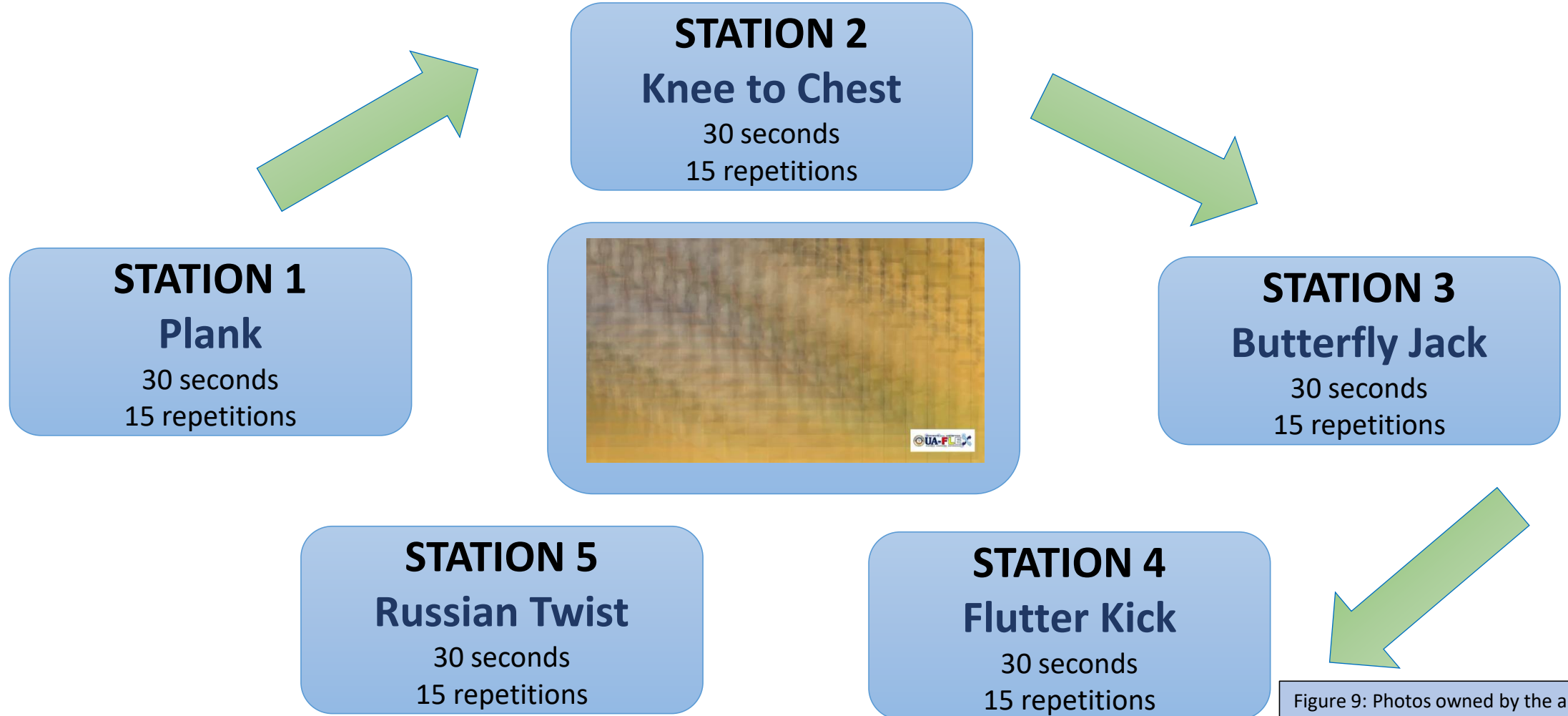


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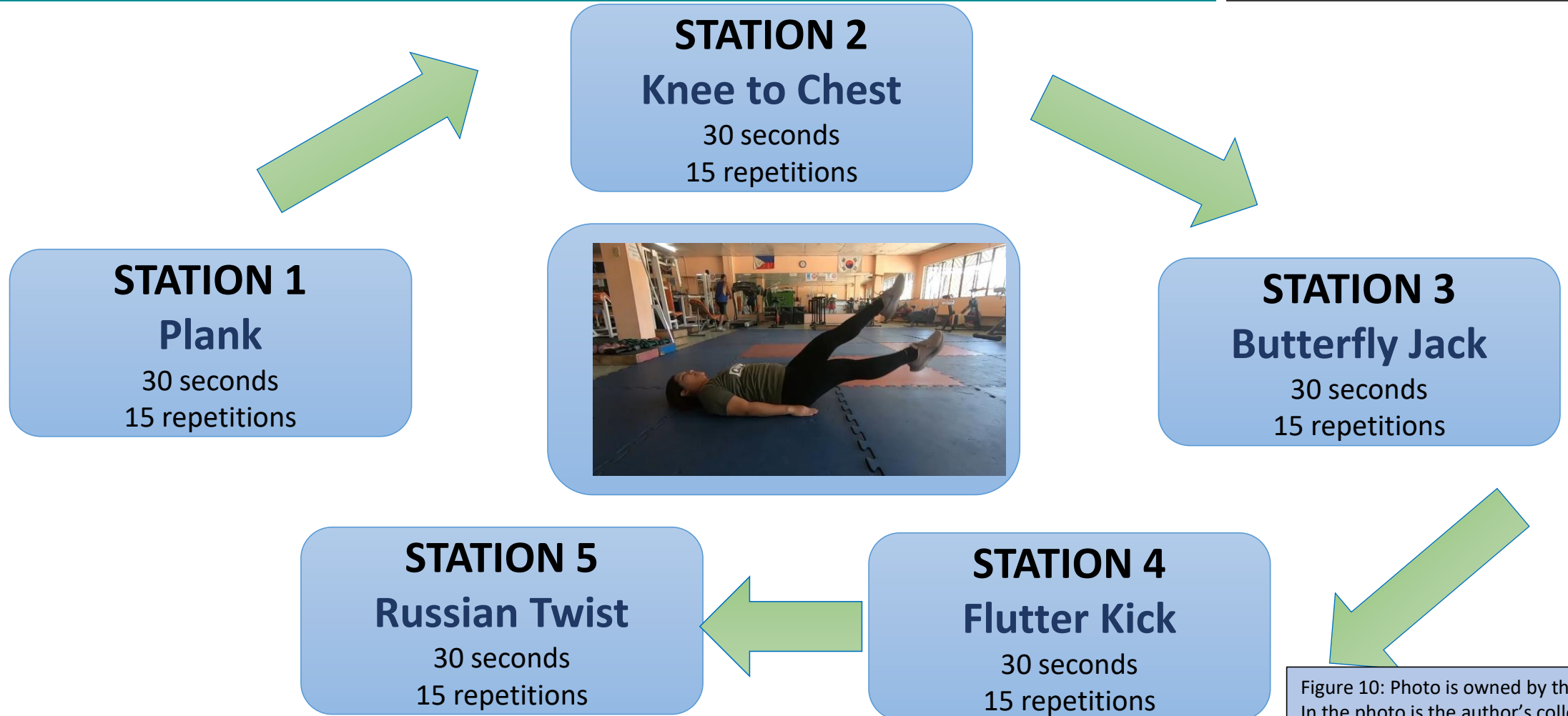


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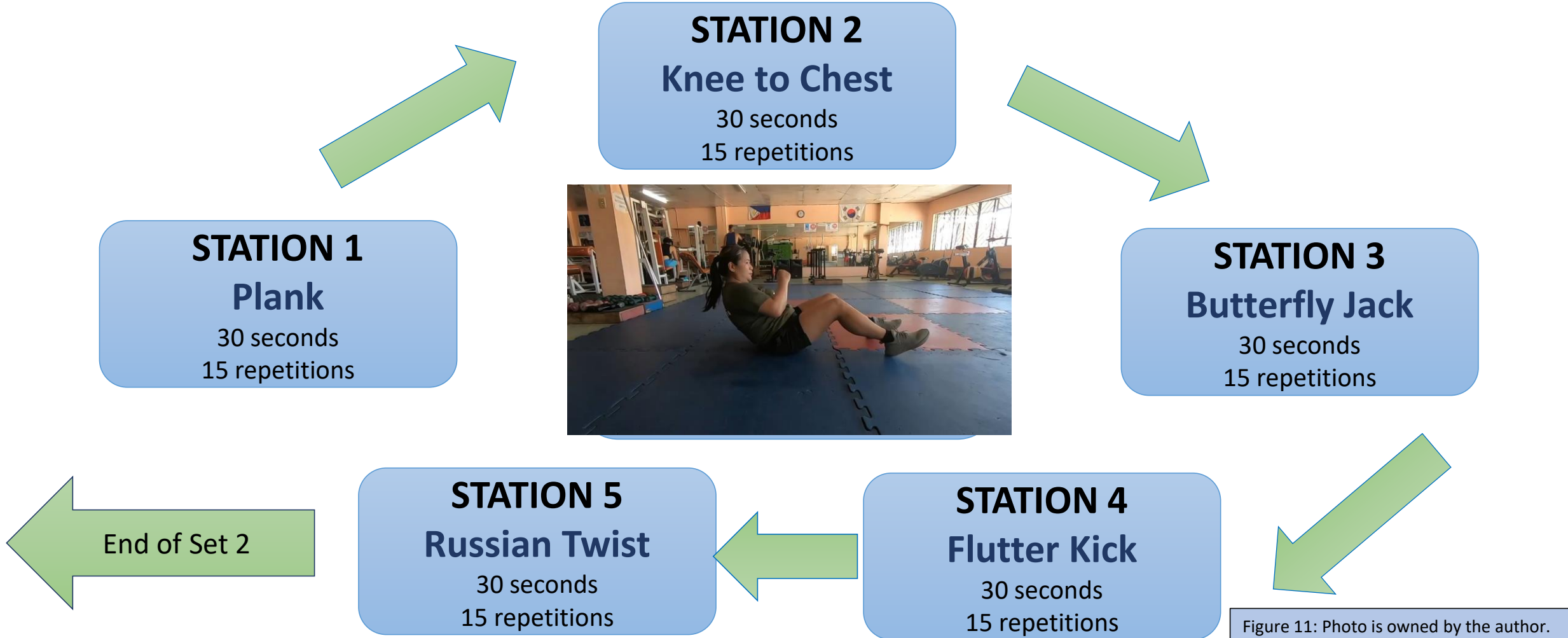


Figure 11: Photo is owned by the author.



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Circuit Training Exercises

- **Legs & Glutes**
- **Calves**
- **Abdominal Muscles**
- **Total Body**
- **Glutes & Quads**



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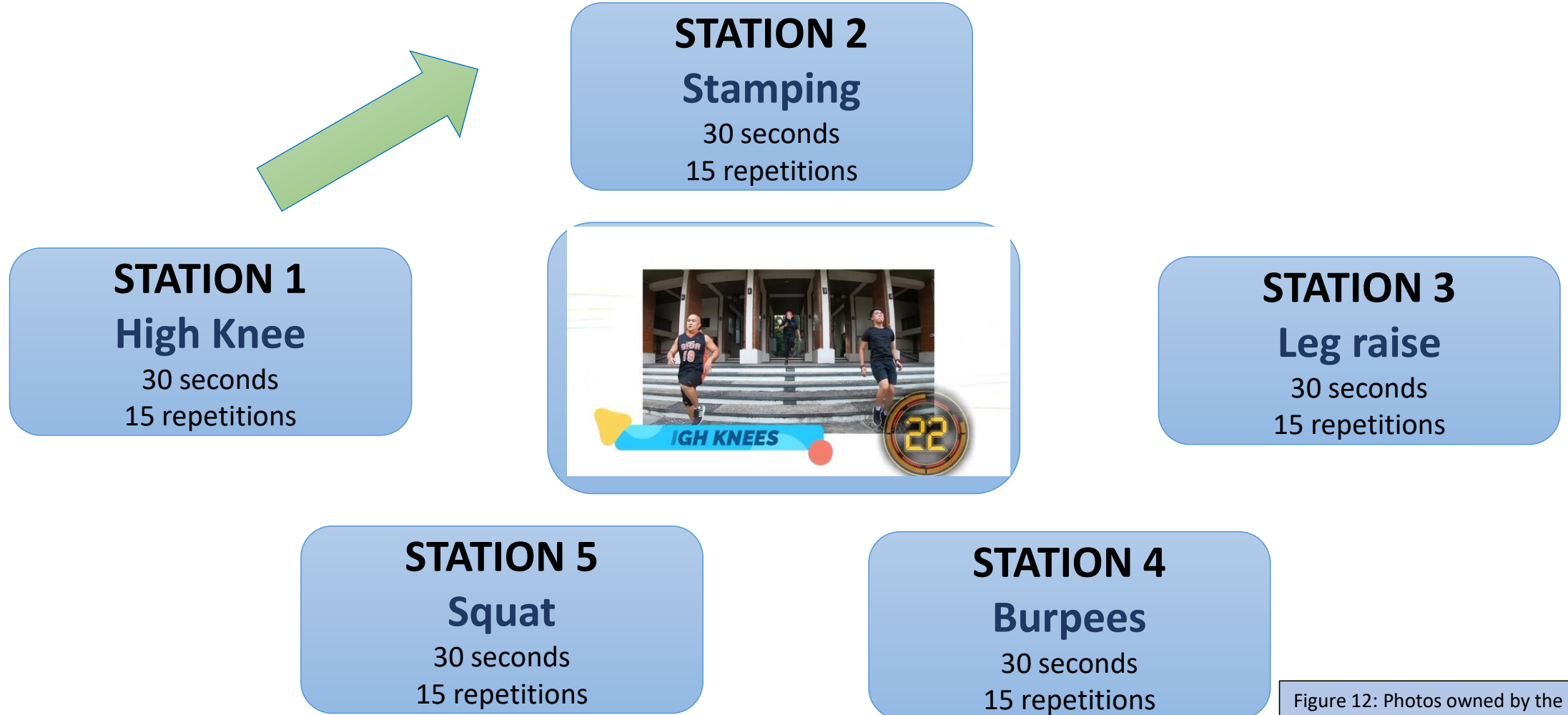


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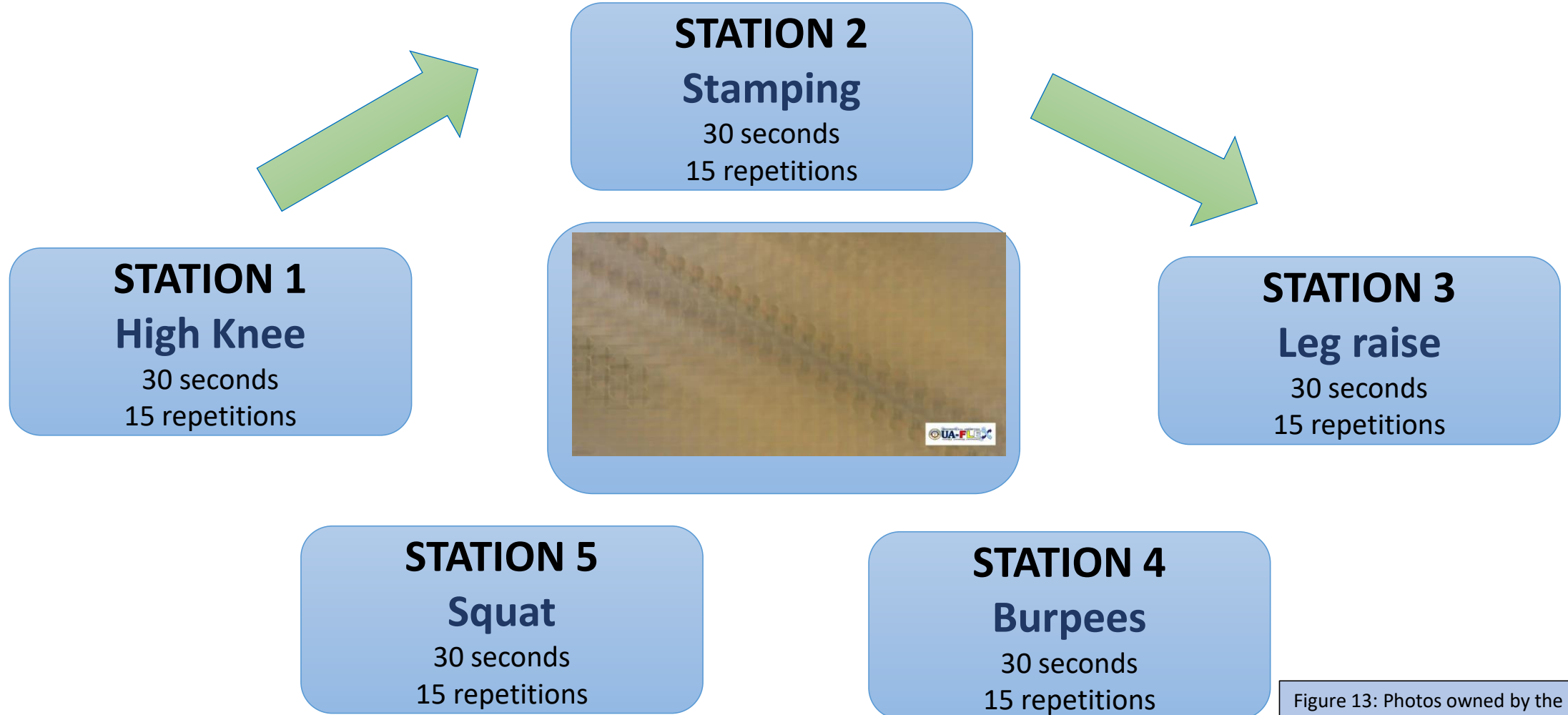


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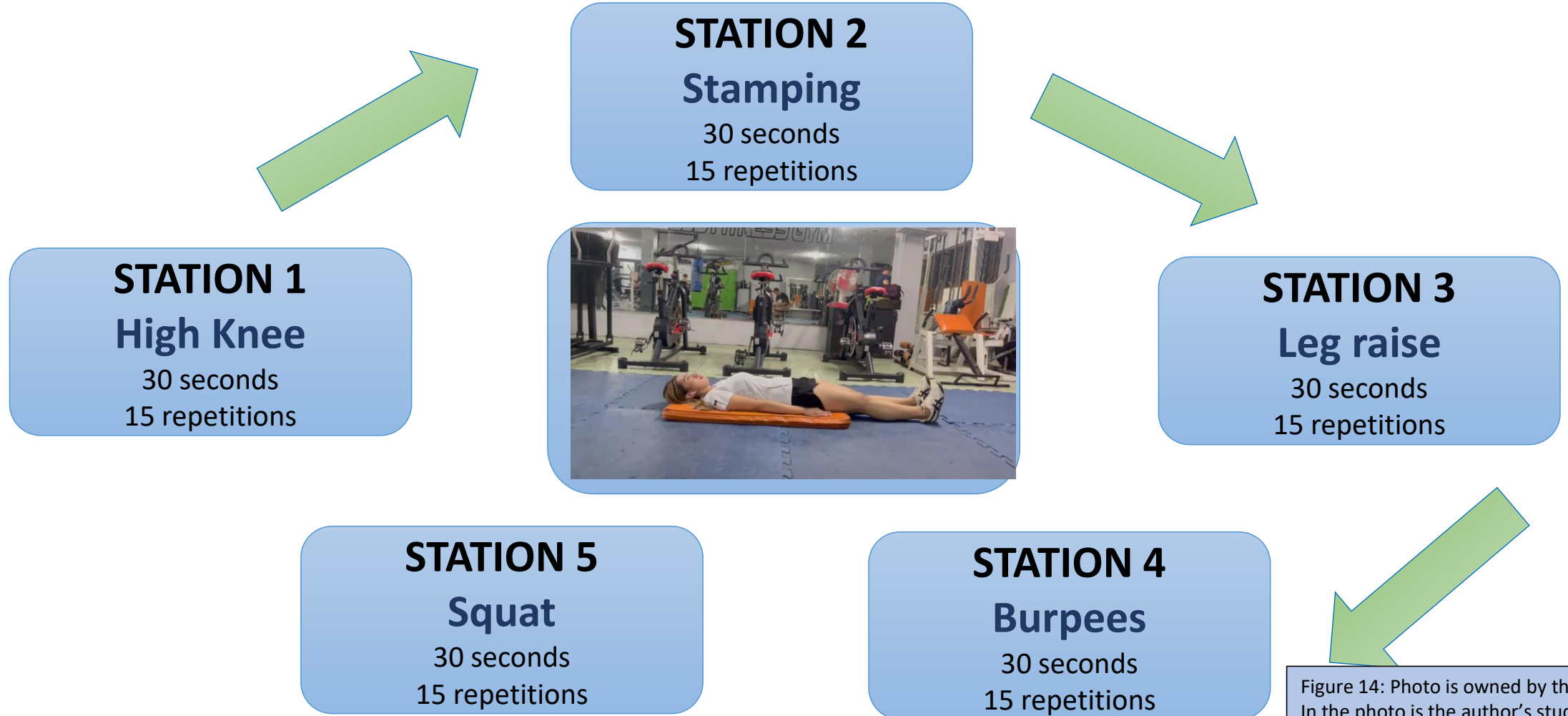


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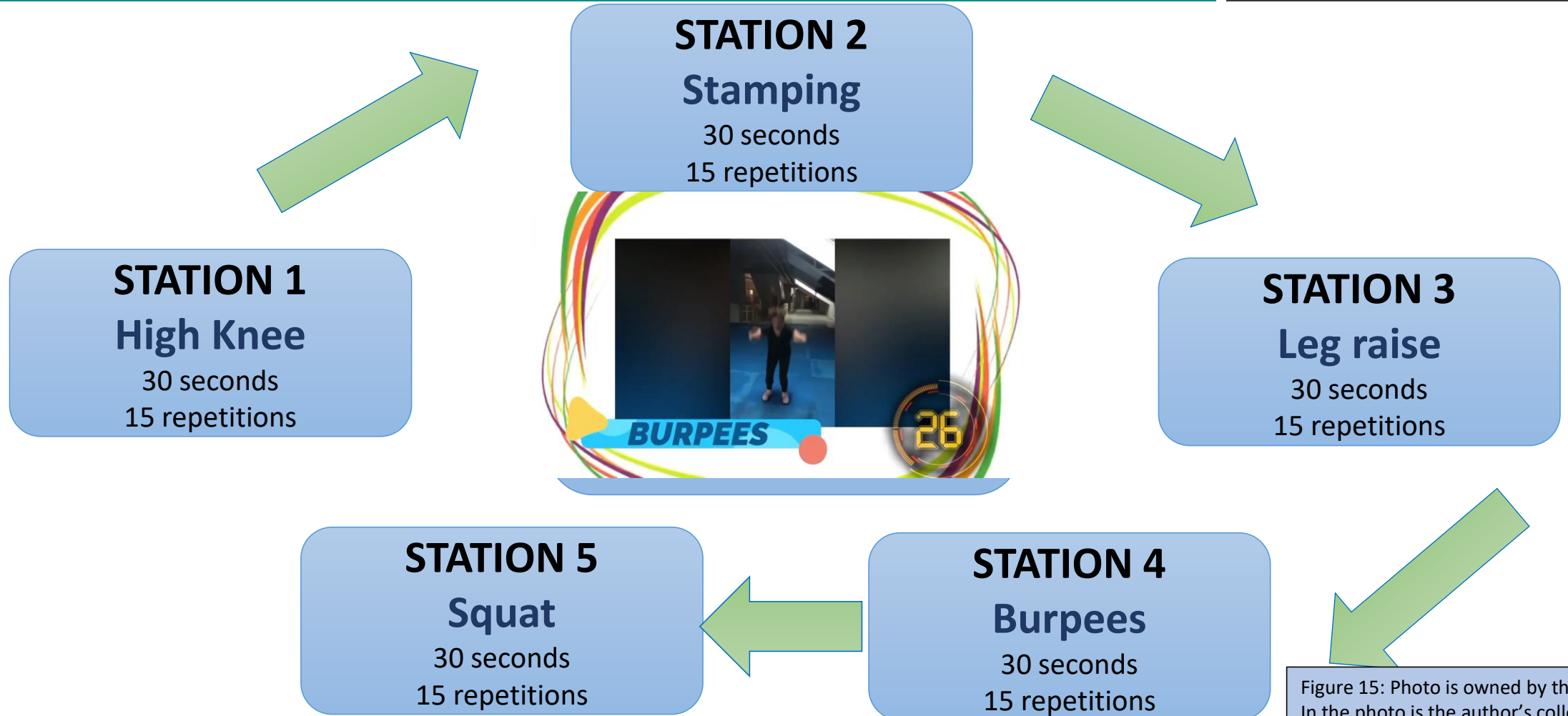
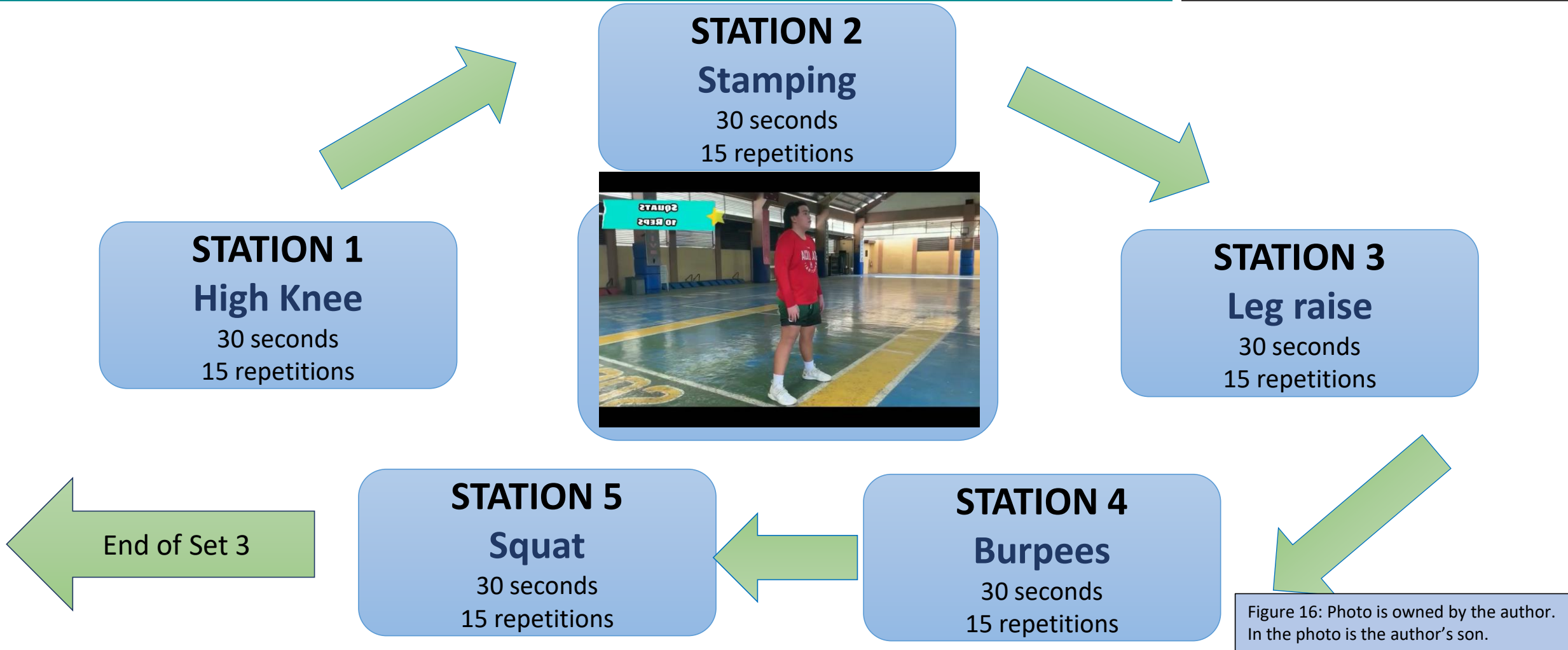


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How do we assess students' performance in CTE?

Checklist Rubric: Individual Performance

| Activities in Stations | Performed properly well | Performed averagely | Lacks efforts |
|------------------------|-------------------------|---------------------|---------------|
| Station 1 | | | |
| Station 2 | | | |
| Station 3 | | | |
| Station 4 | | | |
| Station 5 | | | |

Teacher's Remarks: _____

Student's Remarks: _____



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How do we assess students' performance in CTE?

Checklist Rubric: Group Performance

| Activities in Stations | Performed properly well | Performed averagely | Lacks efforts |
|------------------------|-------------------------|---------------------|---------------|
| Station 1 | | | |
| Station 2 | | | |
| Station 3 | | | |
| Station 4 | | | |
| Station 5 | | | |

Teacher's Remarks: _____

Student-leader's Remarks: _____



References:

Anderson, C. (2024). How to Build the Perfect Circuit Training Workout? [Online Article] [Accessed May 8, 2024] <https://www.shape.com/fitness/workouts/how-build-perfect-circuit-workout>

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