

Activities to Share We go the extra smile

Circuit Training Session

Get everyone moving and having fun with a circuit training session.

You can use items you already have or we have linked some products below to help set you up. You will need a bell or whistle and a timer, to indicate when to move to the next station

Set up a station for each person – if you have a large group of over 10 people, split the group in half. We found 5 stations is good but do half for the amount of people you have.

While one half is doing the circuit, get the other half to make a circle and give them a ball, every time you stop the circuit to change on to the next station, give the circle another ball activity.

5 ideas for the circle:

Throw the ball around the circle

Throw the ball across the circle

Roll the ball across the circle

Kick the ball around the circle

Pass the ball to the next person up high with both hands

5 Ideas for a circuit station:

Dumbbell curls – hold a dumbbell in you hand facing upwards and squeeze your arm to your shoulder to a count of 5 and unfold for 5 – repeat with the other hand

Resistance Band chest pulls – hold a resistance band at shoulder width apart then pull arms apart until you feel the tug of the band, release and repeat.



Resistance Loop –

only straighten the leg until you feel the strain of the band so not to over do it. Some people may find it easier to aim towards the floor.

Keepy Ups – Using a swatter, racket or just your hand, see how long you can keep the balloon in the air without hitting the floor.

Knee lifts with or without weights – Use with ankle weights or not, do this seated or standing, feet firmly on the floor hip width apart, lift your knee to hip height, take your time and lift and lower with each breath

Depending how mobile your group is you can add other ideas to your circuit like jumping jacks, bouncing a ball or hula hooping!!