

Taroona Daily Fitness

A daily fitness program for schools

CIRCUIT TRAINING					Weekly Plan
Warm Up	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - on spot - squares - 4 steps forwards / 4 steps backwards - side to side - grapevine <p>Arms</p> <ul style="list-style-type: none"> - swinging - bicep curls - bicep and triceps - elbows together in front of body <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>
	CIRCUIT ACTIVITIES				
Conditioning	<p>Work in pairs:</p> <ul style="list-style-type: none"> - 45 seconds for each person in the pair - 2 or 3 pairs per station. <ol style="list-style-type: none"> 1. Suicide Run 2. Skipping 3. Shuttle Run 4. Line jumping (side to side- feet together - criss cross feet) 	➔	➔	➔	➔
Cool Down	Gentle Stretching				