

Upcoming Snow Packets Hello students, I want to take this time to explain to you what the next few snow packets will contain. I will be trying out something new with you and would love some feedback from it. The style of exercise we will be doing is called circuit training. I have the definition of circuit training below:

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

To sum up what circuit training is, it's completing one exercise and moving right into the next one with little to no rest in between. This will not only keep your heart rate high, like most cardio work outs do, but it also helps you build muscle.

Please feel free to contact me on live grades if you have any questions or suggestions.

Stay safe and active!

-Bennett

Elkins Middle School
Circuit Snow Packet
3/31/20

REPEAT ENTIRE CIRCUIT FIVE TIMES

5

Push-Ups

10

Sit-Ups

15

Squats

REST FOR 10 SECONDS

5

Jump Squats

10

Alternating Lunges

15

Reverse Crunches

REST FOR 60 SECONDS

Parent sign off _____

Elkins Middle School
Circuit Snow Packet

4/01/20

REPEAT ENTIRE CIRCUIT FIVE TIMES

20

Jumping Jacks

10

Crunches

20

Mountain Climbers

REST FOR 10 SECONDS

10

Calf raises

5

Burpees

15 second

Plank

REST FOR 60 SECONDS

Parent sign off _____