

NAME:

Design a fitness circuit to develop your areas of weakness!

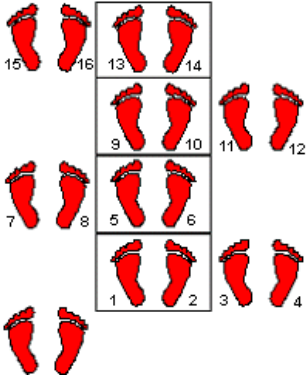
From the fitness tests what have you identified as being your 3 weakest areas?

1)	
2)	
3)	

Design a circuit of 8 exercises that will develop these areas

Time for each exercise: 3 minutes

EXAMPLE

Name:	Lateral Feet Drill
Component:	Agility
Muscles/joints involved:	Quads, hamstrings, calf muscles, core muscles. Ankle, knee, hip joints.
Diagram:	
Instructions	<p>Start with both feet outside of the first square and to the left</p> <p>Step into the first square with your left foot first, immediately followed by your right foot... in a 1-2 motion</p> <p>Step to the right, outside the first square again with your left foot first, followed by your right</p> <p>Now step diagonally left into the second square, with the left foot leading always keeping the same 1-2 motion</p> <p>Now step out to the left-hand side of the second square and repeat for the full length of the ladder</p> <p>Repeat again starting on the opposite side of the ladder</p>