



**TRAIN
WITH
US.**

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CIRCUIT TRAINING

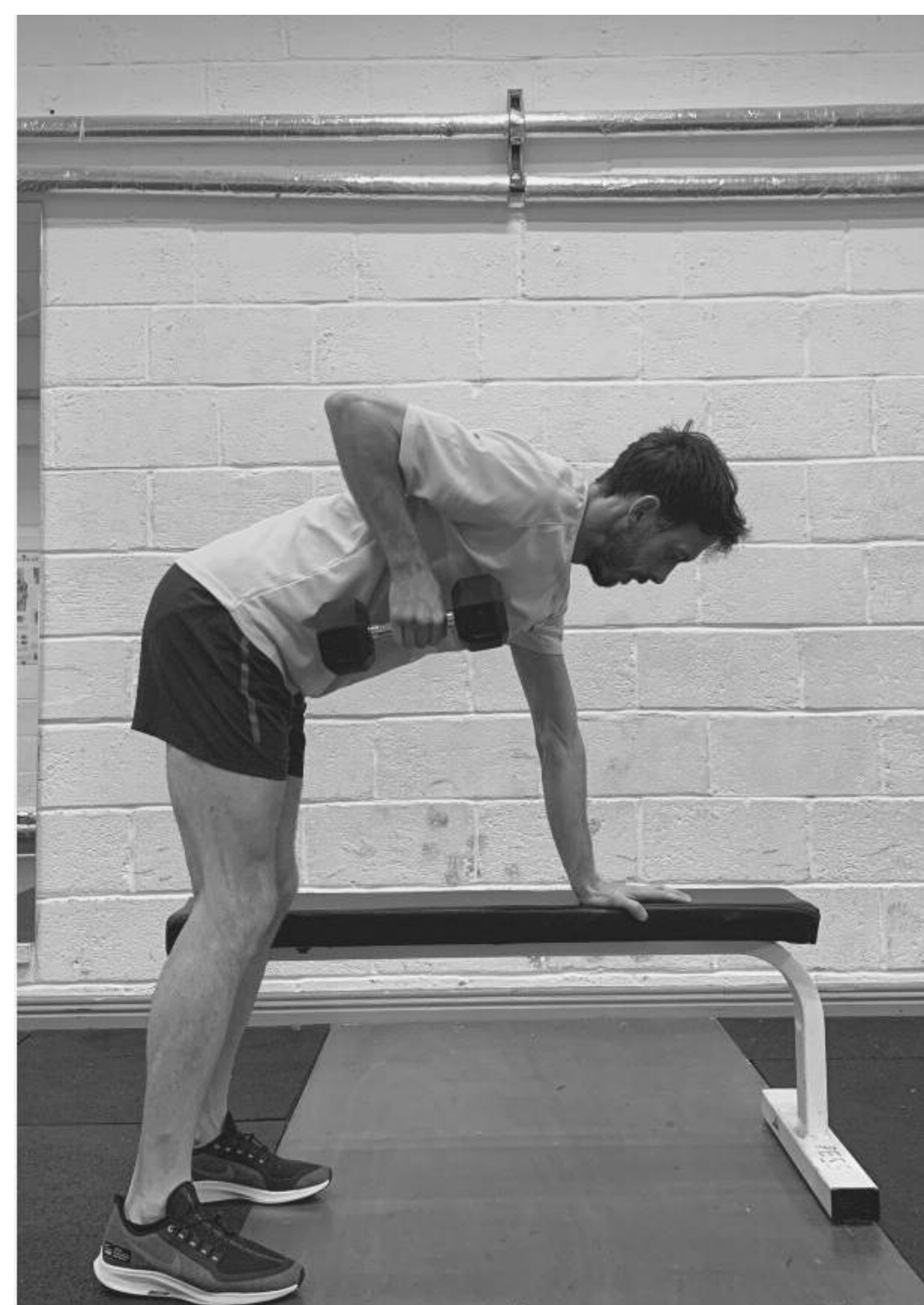
Taught by:

LILLY-ANN O'HORA
PAUL BYRNE

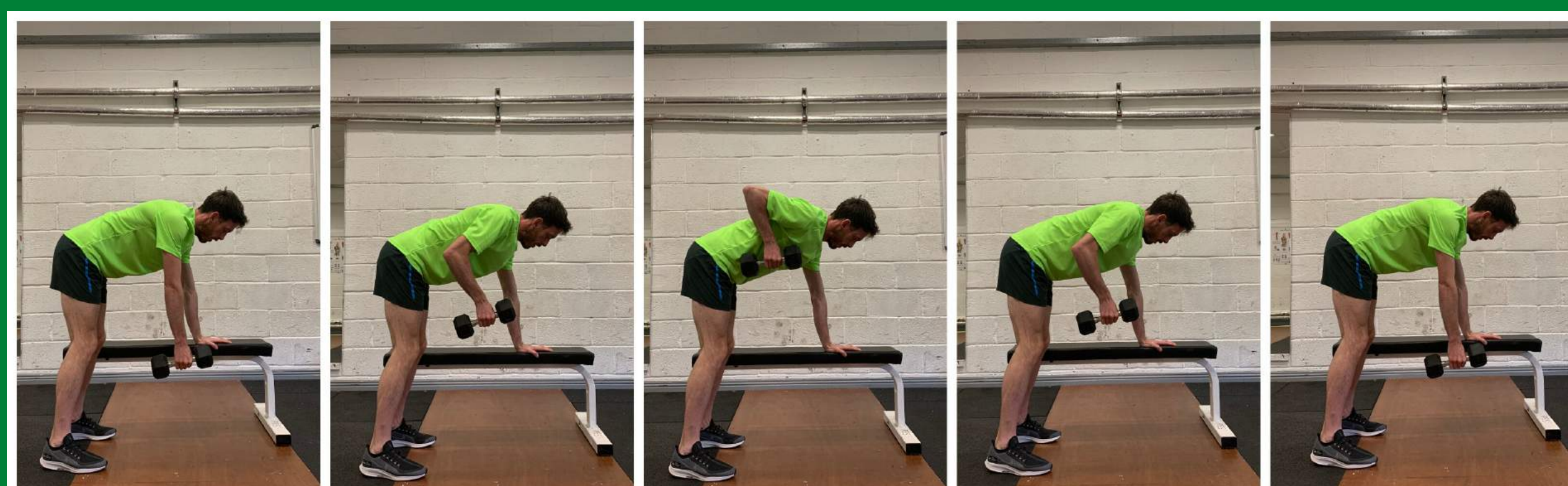
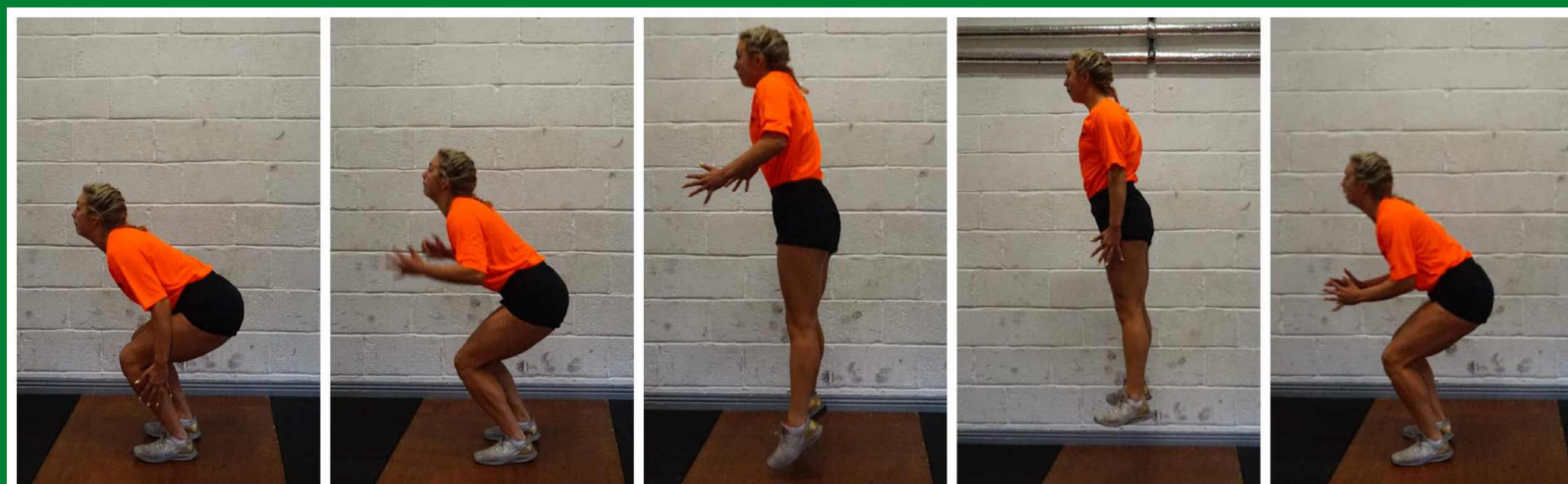
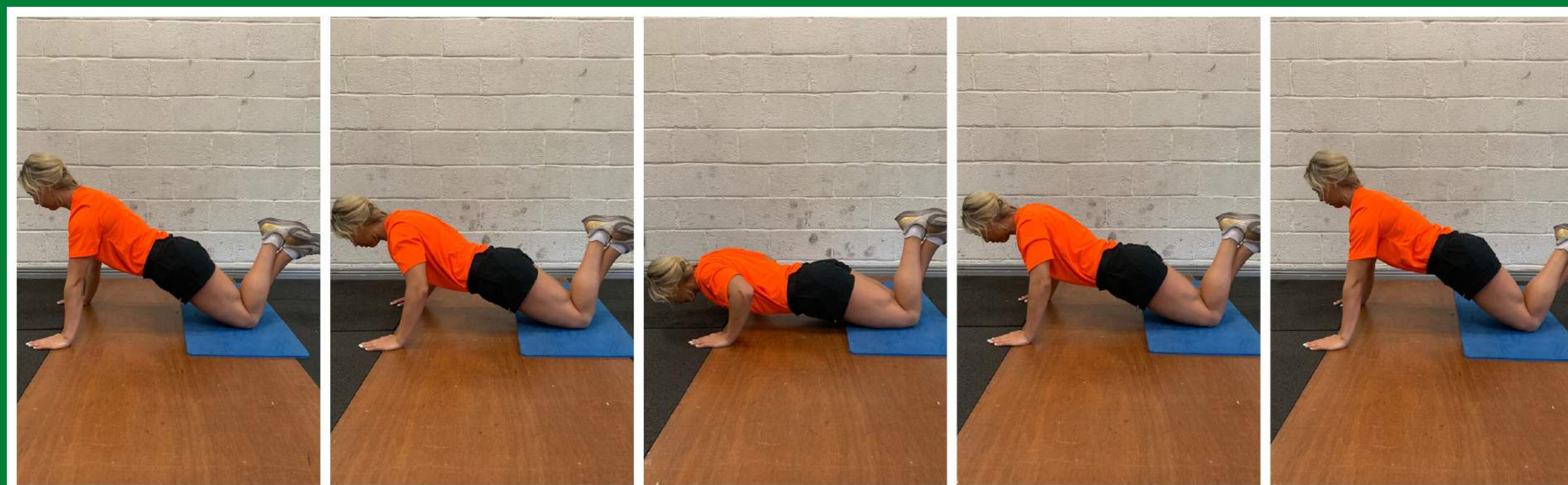
Circuit training is an excellent way to improve mobility, strength and stamina. The circuit training comprises of multiple exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

The exercises within each circuit are separated by a short rest period, and each circuit is separated by a longer rest period.

The total number of circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

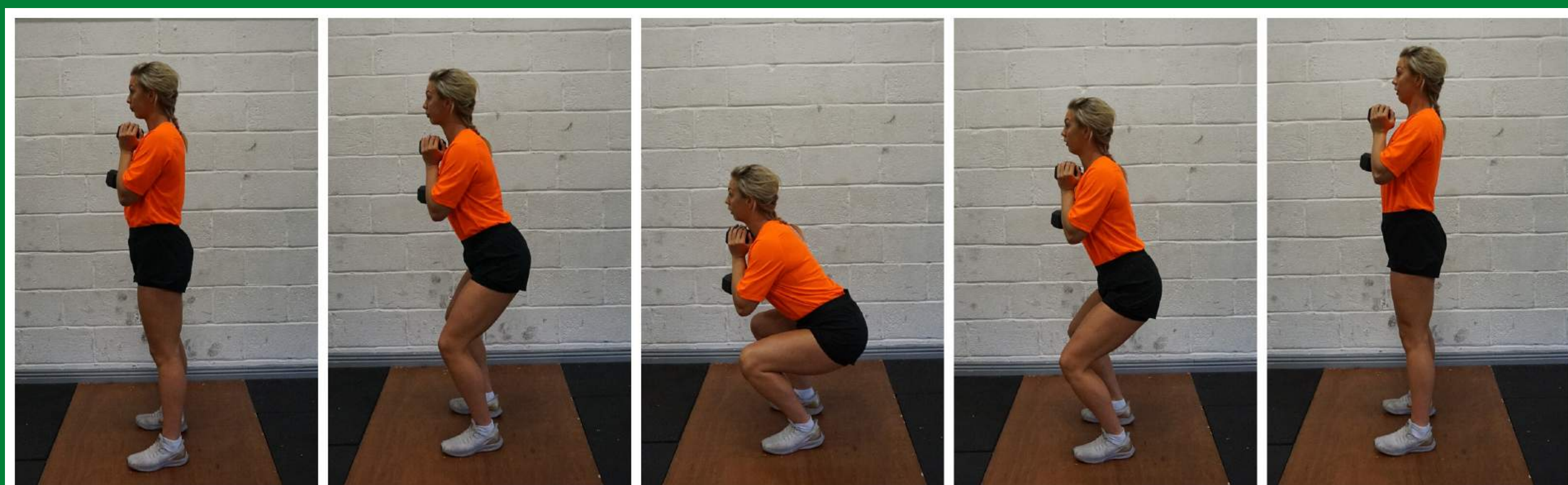
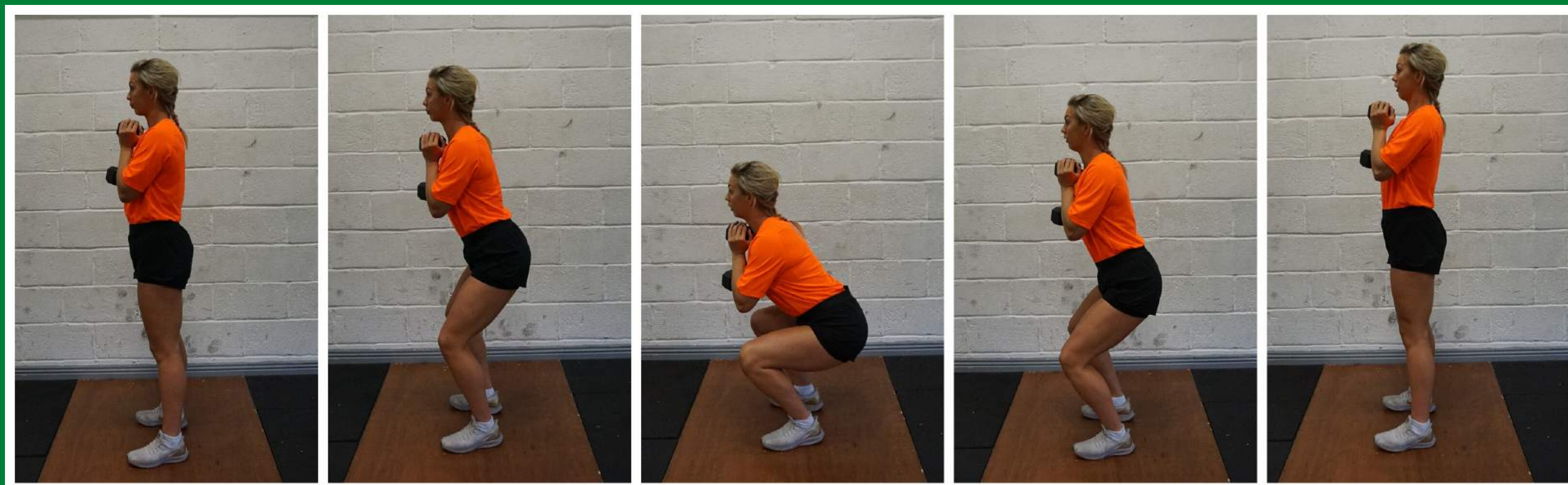


4 Exercises of 6 Rounds
20 seconds working and 10 seconds off
Rest for 1-2 minutes and Repeat



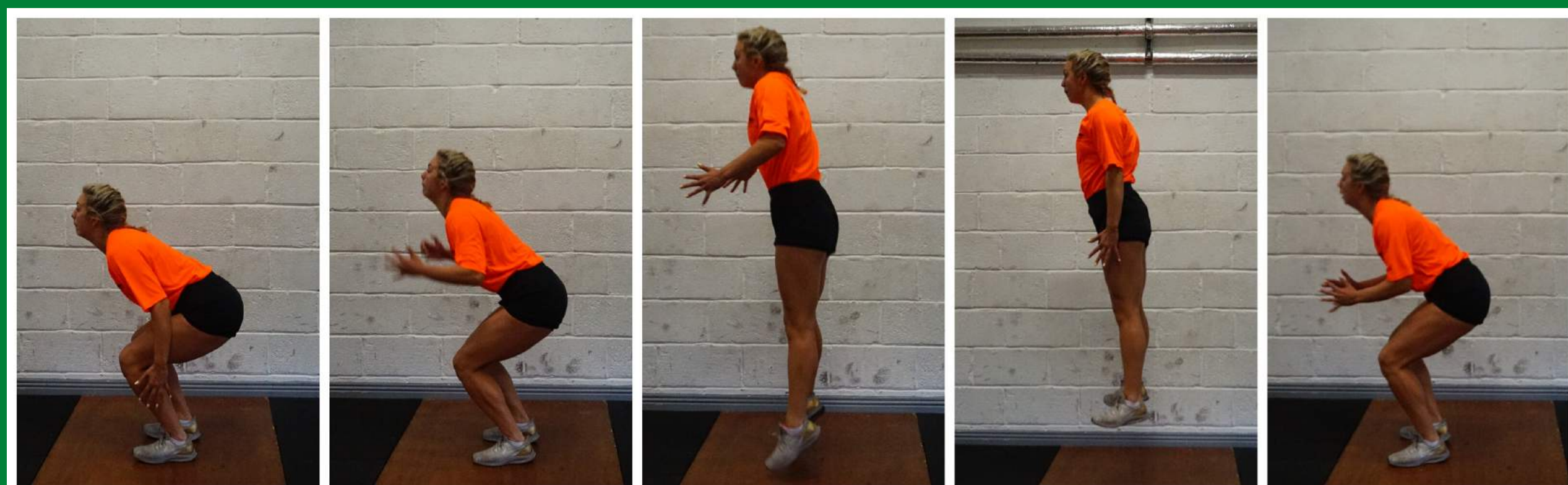
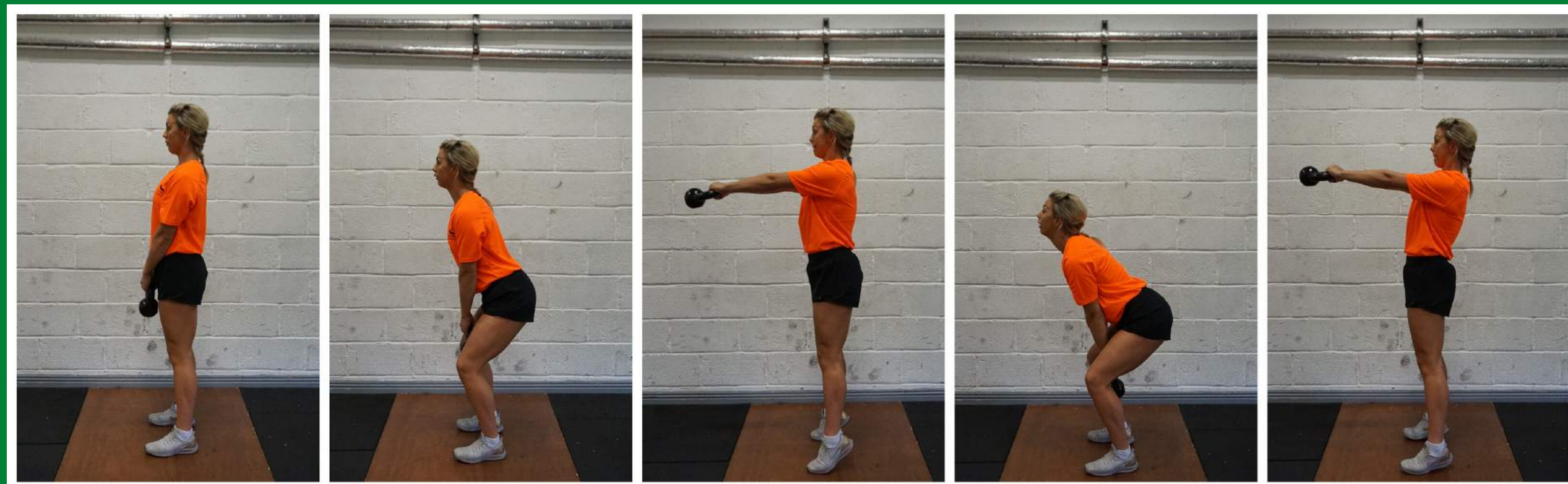
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4 Exercises of 6 Rounds
15 seconds working and 10 seconds off
Rest for 1-2 minutes and Repeat



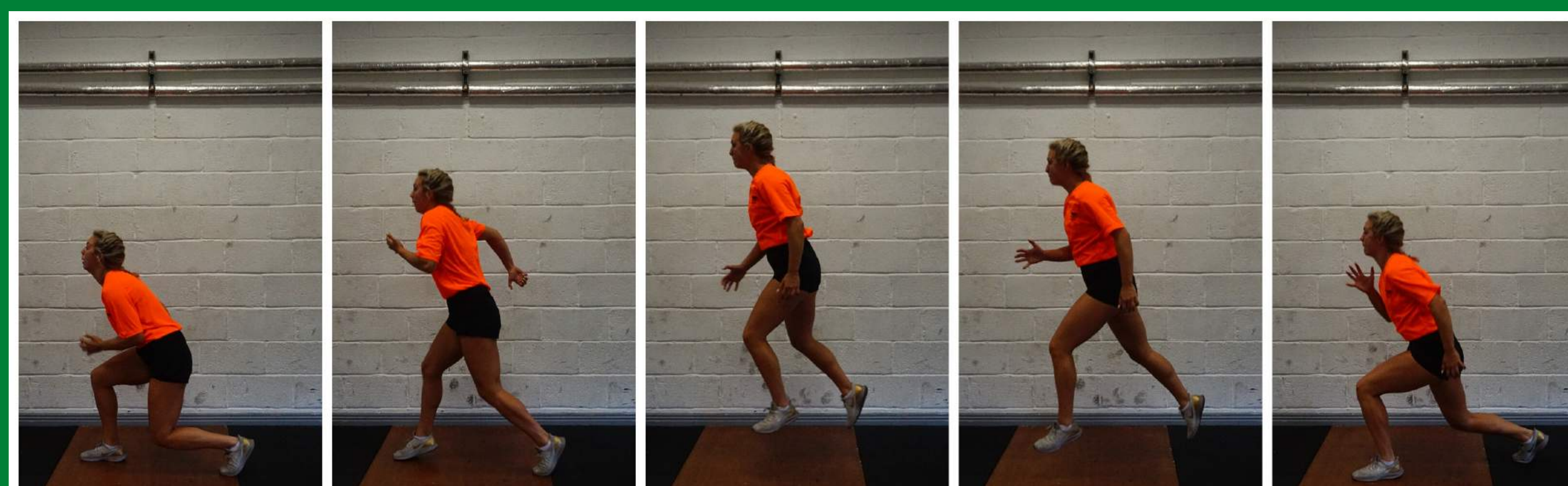
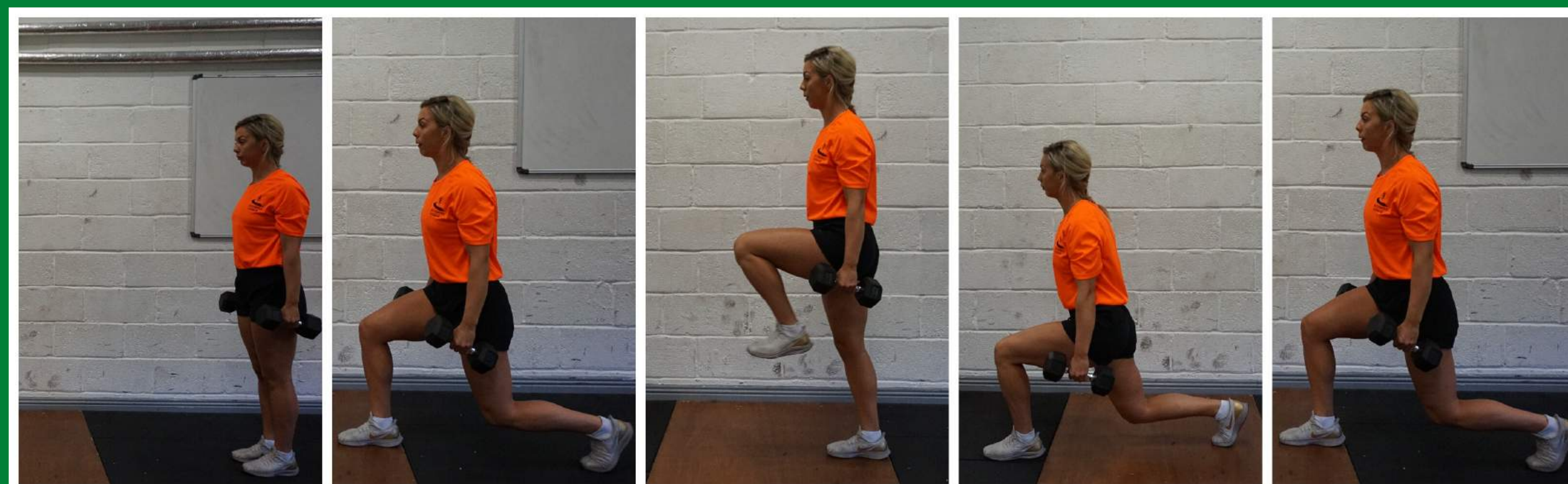
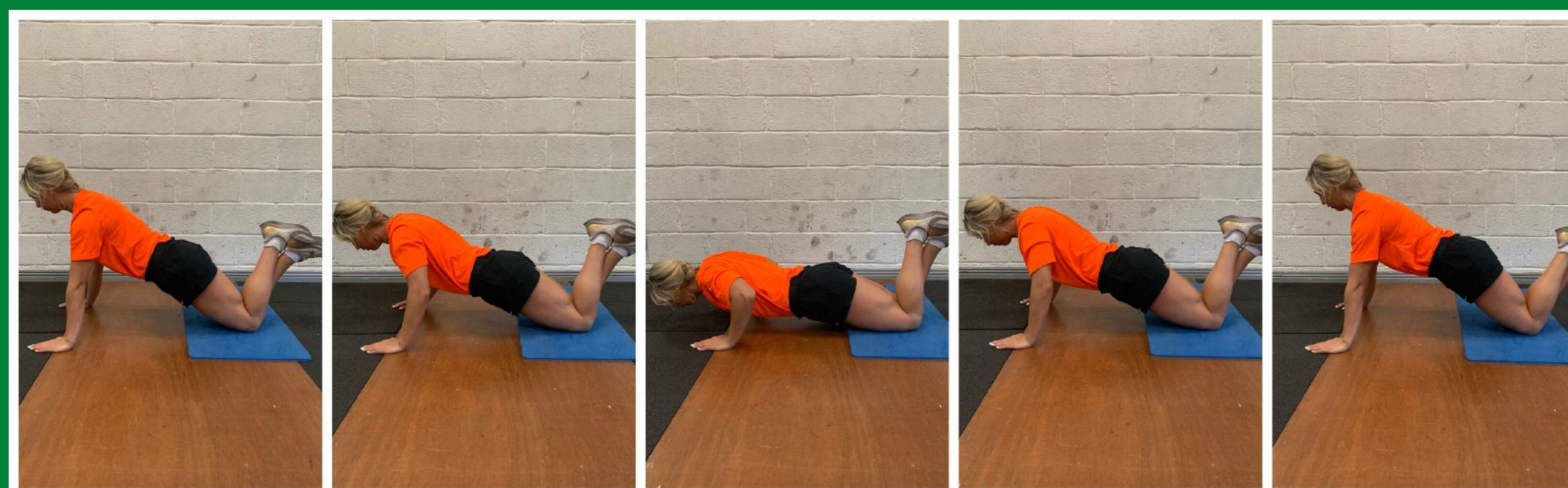
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4 Exercises of 6-8 Rounds
20 seconds working and 10 seconds off
Rest for 1-2 minutes and Repeat



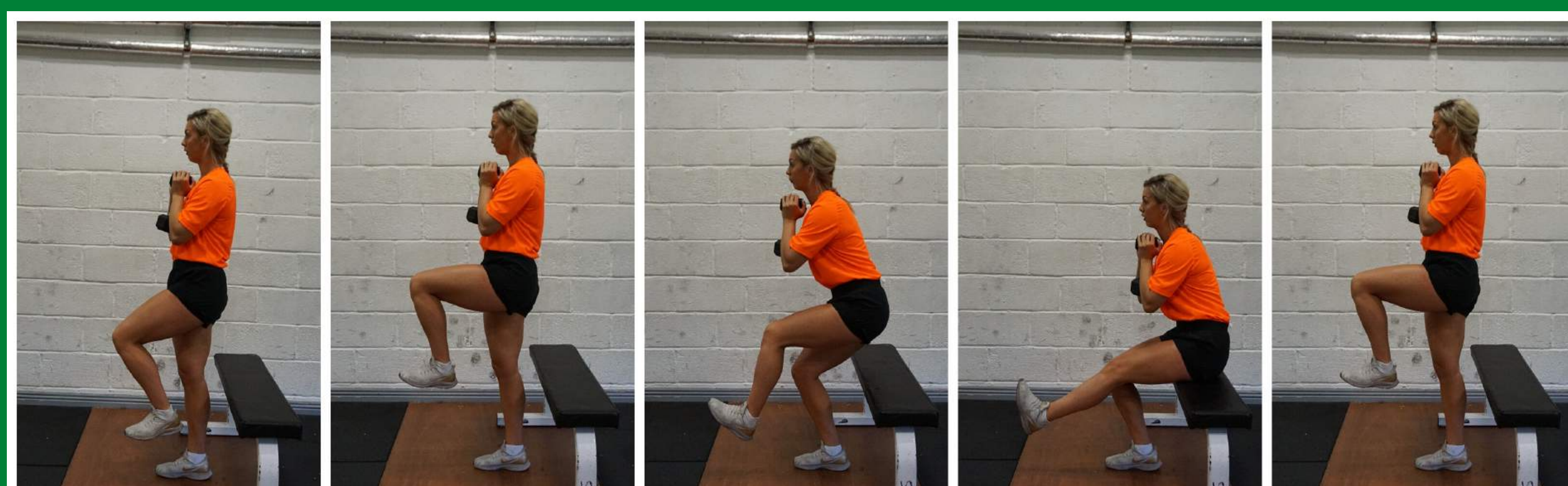
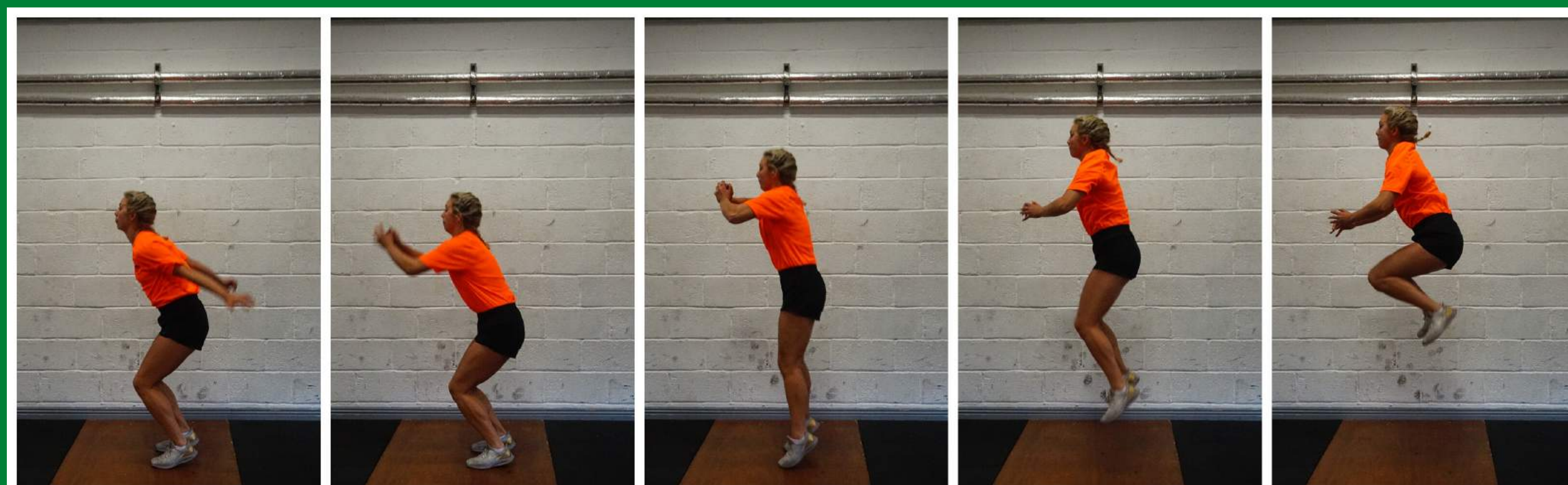
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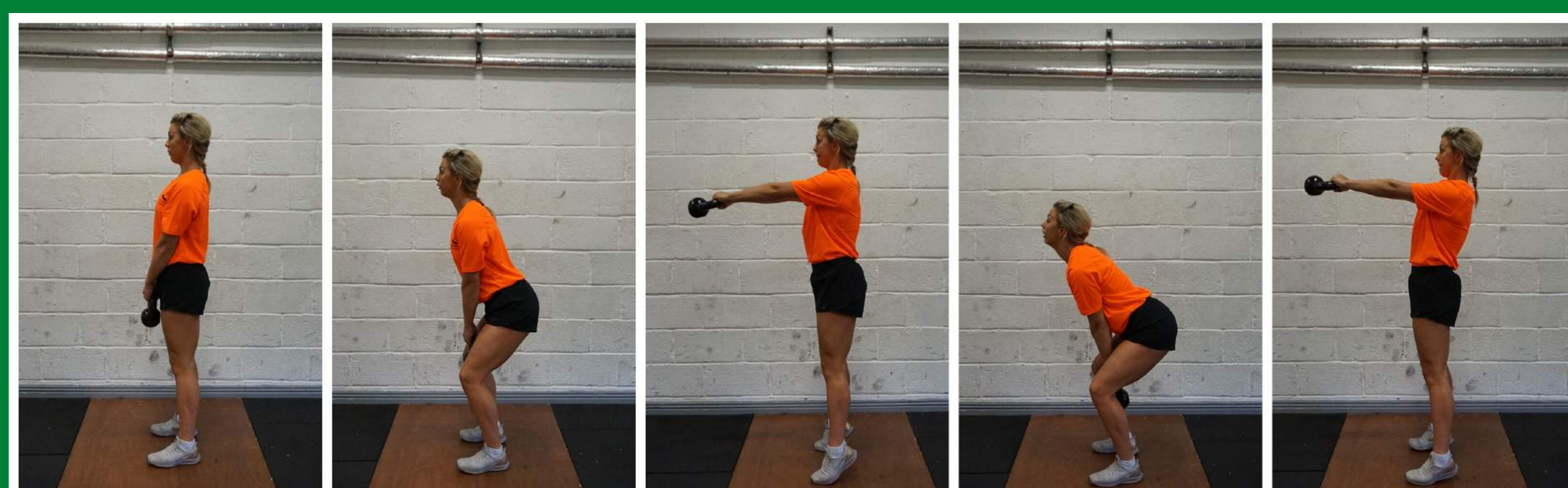
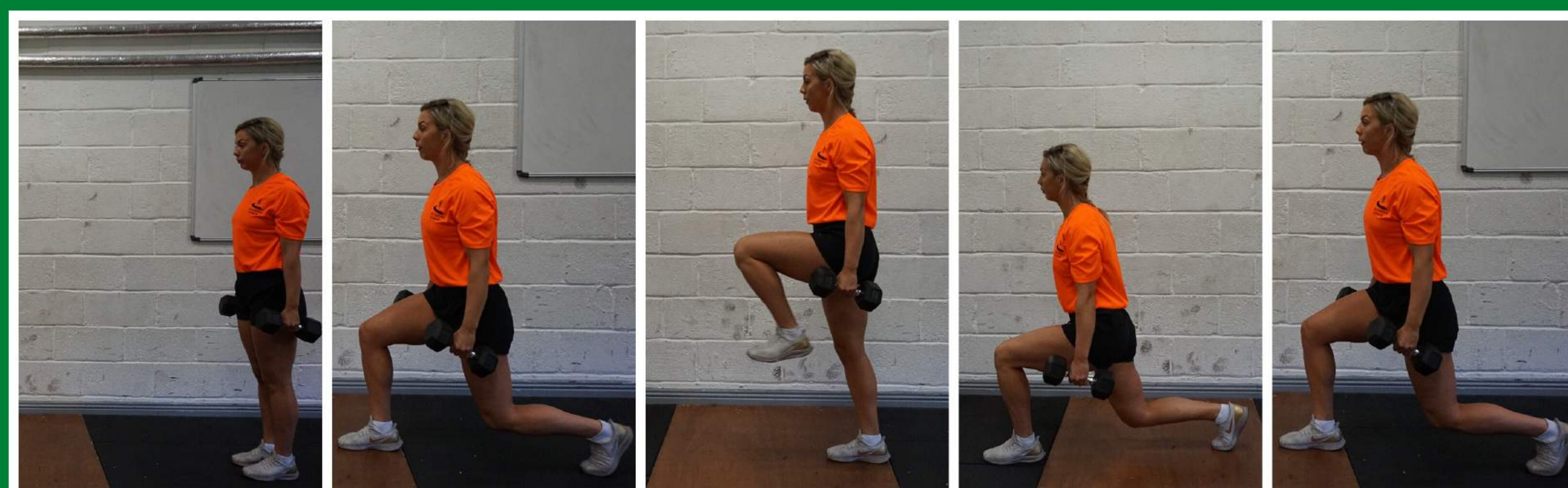
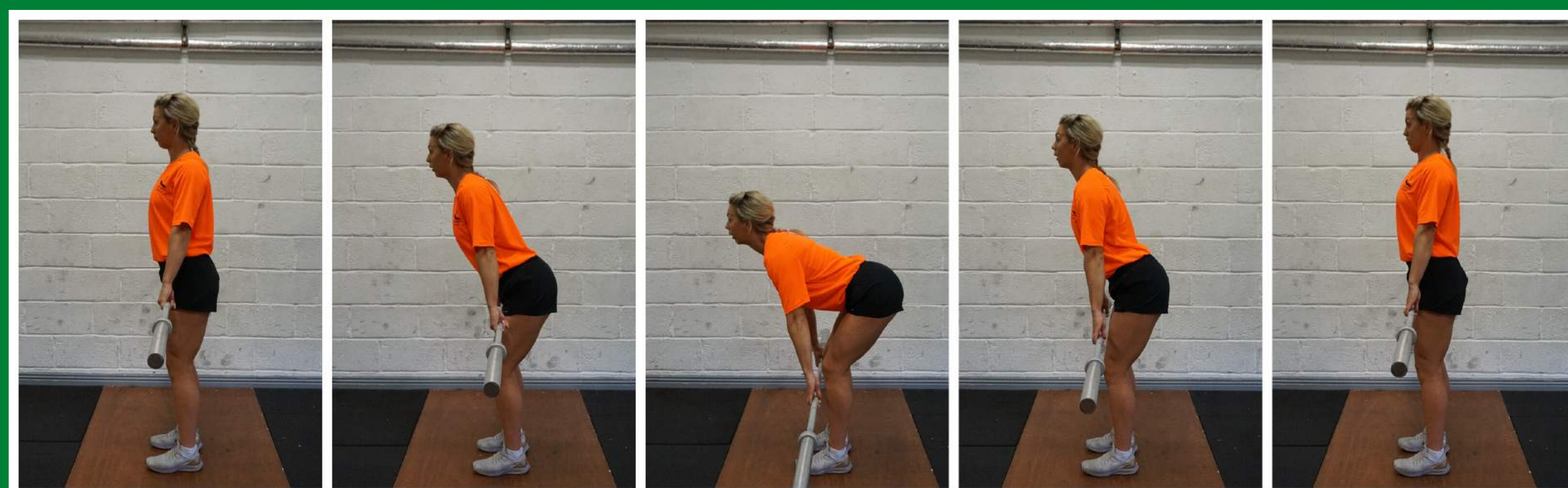
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4 Exercises of 6 Rounds
Perform all four exercises straight through ,
once set is complete,rest.
Rest for 1-2 minutes and Repeat



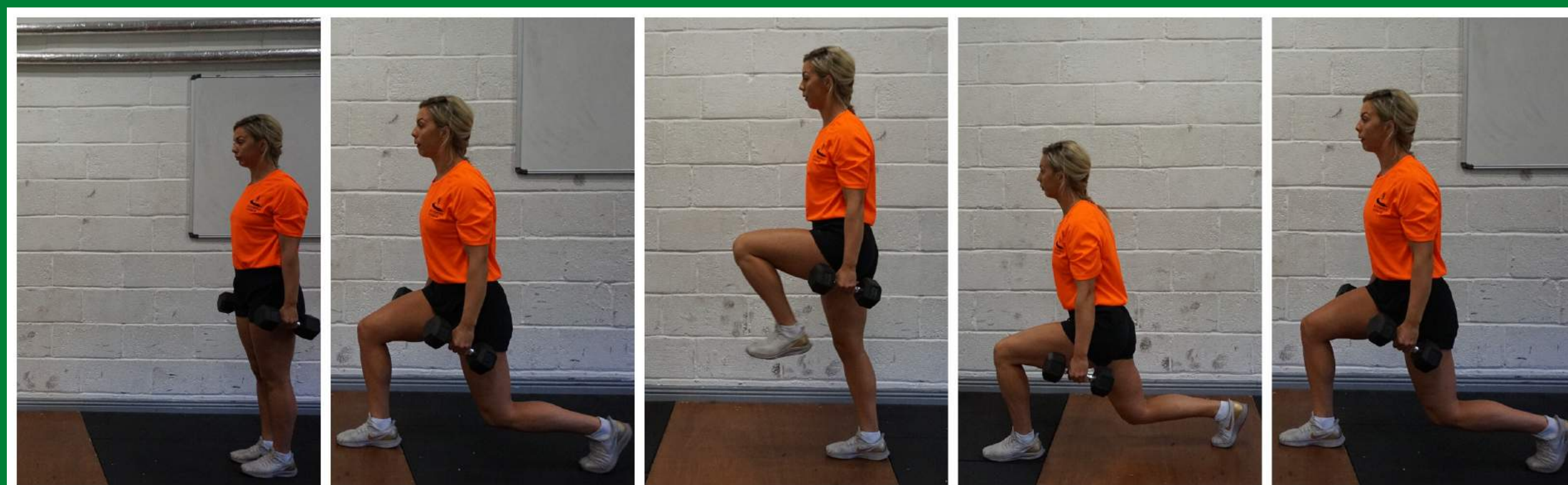
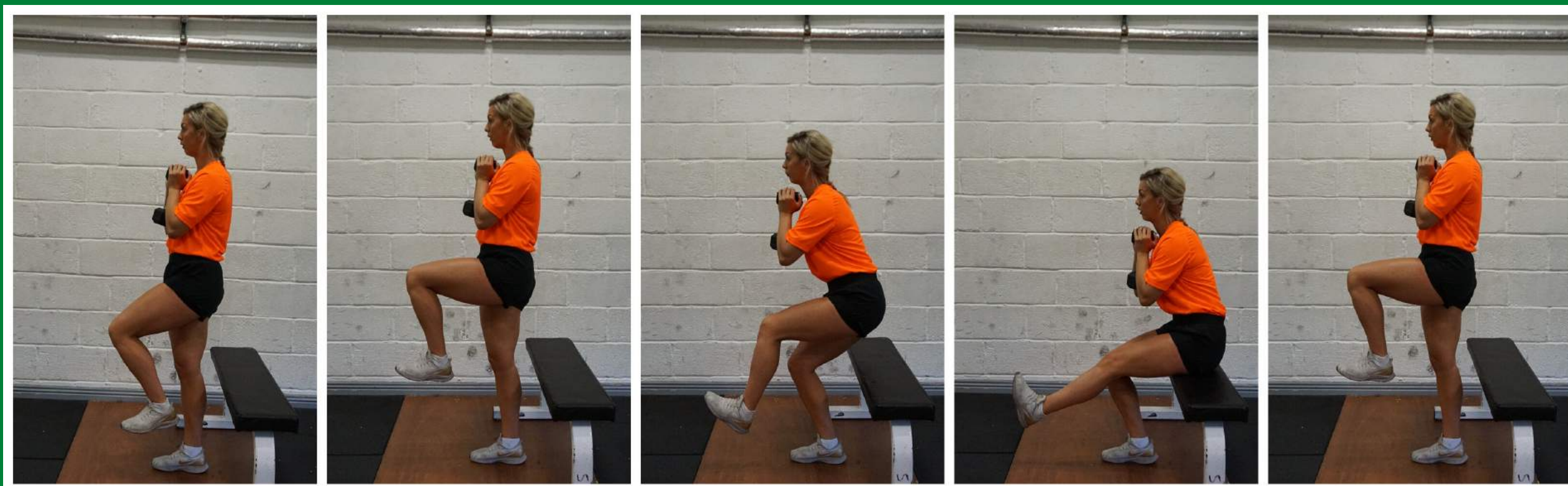
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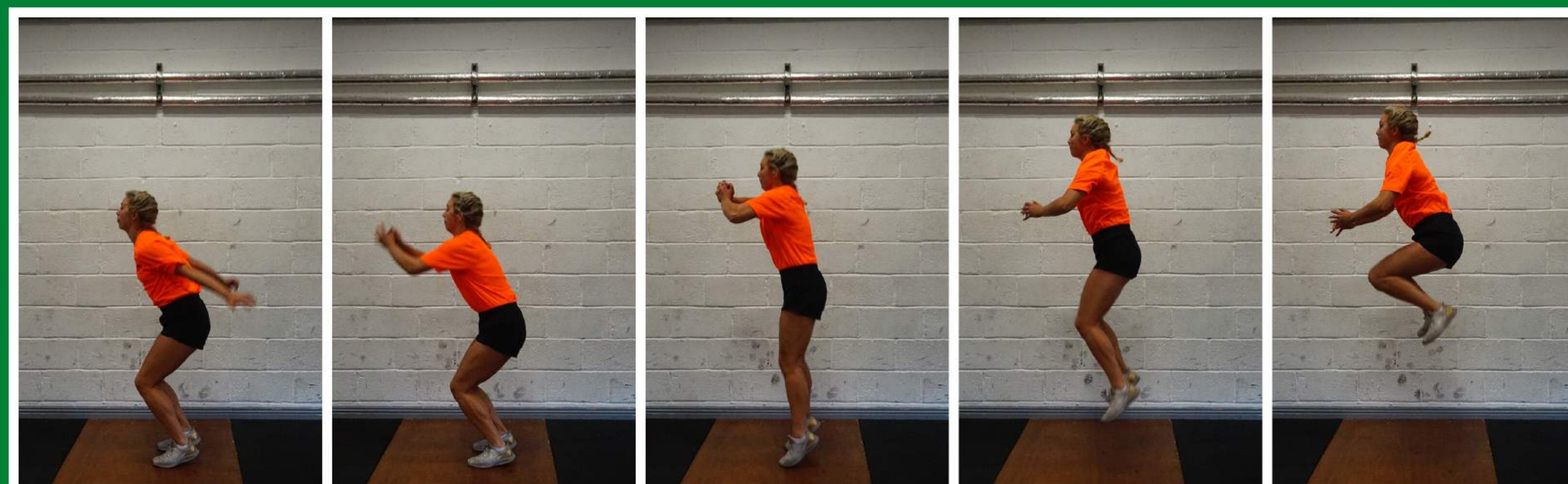
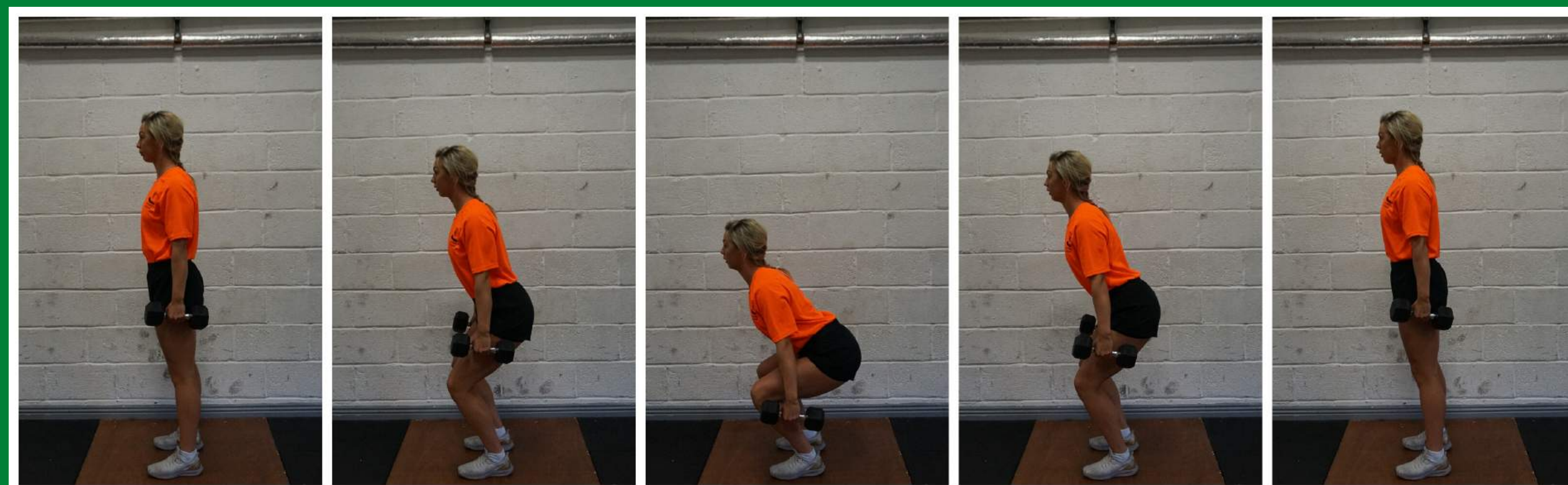
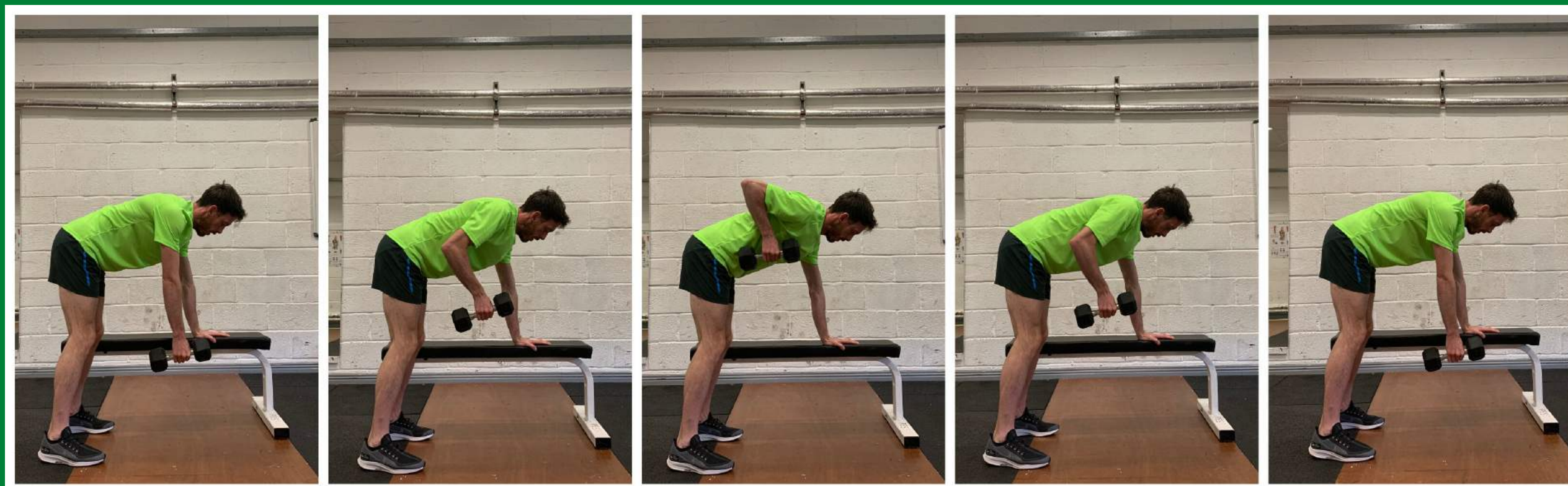
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