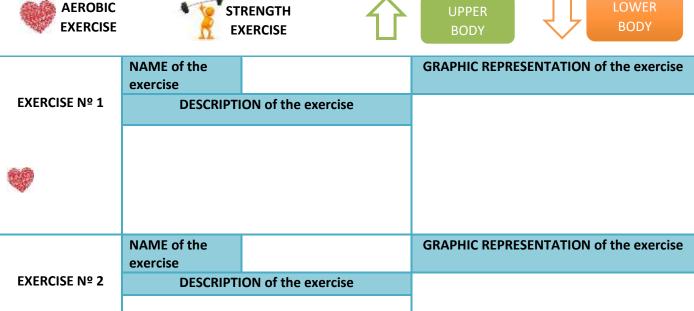
CIRCUIT TRAINING TO IMPROVE OUR STRENGTH AND ENDURANCE

OUR TEAM	NAME AND SURNAME	DATE when you will lead the
PARTICIPANT 1		circuit training to your
(Coordinator)		classmates:
PARTICIPANT 2		
PARTICIPANT 3		
PARTICIPANT 4		

OUR CIRCUIT TRAINING				
Number OF EXERCISES	WORKING TIME (How much time does each exercise last?) or Number OF REPETITIONS	RESTING TIME (between exercises)	RESTING (between rounds)	Which activity will your classmates do while they are resting? (Only if it is an active resting):
MATERIAL that you need:				
PLACE where you will do your circuit training:				



EXERCISE Nº 2

NAME of the exercise

DESCRIPTION of the exercise

NAME of the exercise

GRAPHIC REPRESENTATION of the exercise

GRAPHIC REPRESENTATION of the exercise exercise

DESCRIPTION of the exercise

DESCRIPTION of the exercise

TEACHER: Isabel María Ortigosa Melero | Course 2018/2019

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	NAME of the		GRAPHIC REPRESENTATION of the exercise
	exercise		
EXERCISE Nº 4	DESCRIPTI	ON of the exercise	
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II.			
	NAME of the		GRAPHIC REPRESENTATION of the exercise
	exercise		
EXERCISE Nº 5			
EXERCISE IN= 5	DESCRIPTI	ON of the exercise	
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	exercise		
EXERCISE Nº 6	DESCRIPTI	ON of the exercise	
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	NAME of the		GRAPHIC REPRESENTATION of the exercise
	exercise		
EXERCISE Nº 7		ON afthe accession	
EXERCISE IN= /	DESCRIPTI	ON of the exercise	
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4			
	NAME of the		GRAPHIC REPRESENTATION of the exercise
	exercise		
EXERCISE Nº 8	DESCRIPTI	ON of the exercise	
10			
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