

PYRAMID CIRCUIT

This circuit is great for winter training as it incorporates strength and endurance as well as maintaining the running element of your training. It can allow you to keep training no matter what the weather.

You can do this circuit on your own or in a group. If you have a lower leg injury omit the running and any other unsuitable exercises.

1. Choose 12 exercises (4 abs, 4 legs, 4 arms) and write/print on a sheet of paper.

2. Stick sheet on the wall in gym or hall, ensure it's large enough to be read by participants.

3. Warm up properly for 10 minutes, either run, bike or stepper.

4. Once warmed up, from the start position (5-15m away from equipment) sprint to the equipment and do 10 repetitions of the first exercise. Sprint back to the start.

5. Turn around and sprint back to complete 10 reps of the next exercise.

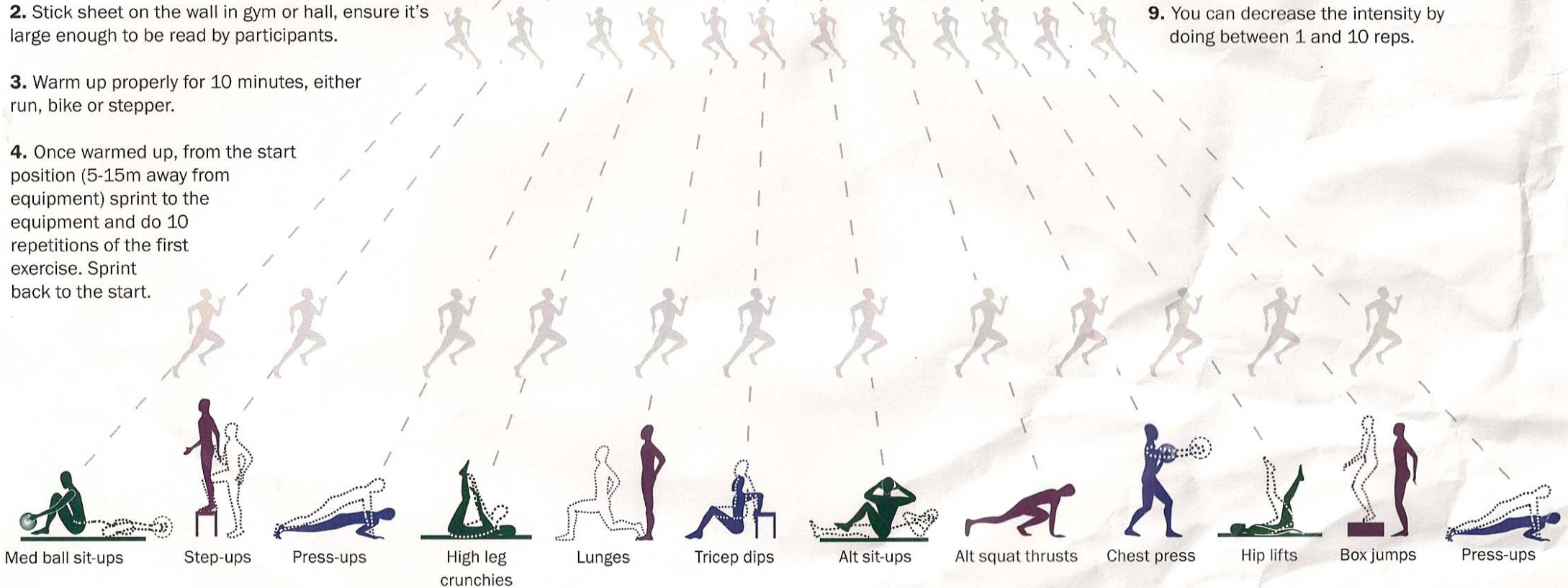
6. Continue until all 12 exercises are completed, with no rest in between.

7. Reverse circuit.

8. You can progress circuit by increasing number of reps up to 20.

9. You can decrease the intensity by doing between 1 and 10 reps.

START



Arms

Legs

Abdominals

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