



Fitness Circuit Project

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Per. 6

ATHLETE GOALS

Skill/Performance Goal

- To increase the power of vertical leaps
 - To jump higher and faster

Fitness Goal

- Improve overall muscular strength and endurance
 - So that their legs don't tire after games



SKILL PERFORMANCE GOAL

Targeted Muscle Groups: Quads, Hamstrings, Soleus, and Gastrocnemius

To help increase the power and speed of our athlete's vertical jumps, our circuit includes exercises such as squats, jump rope, jumping lunges, and weight burpees. These exercises specifically target the lower body muscle groups since the skill performance goal requires a lot of lower body strength and endurance. Some equipments to help achieve this goal are weights and restriction bands.

Recommended equipment: Weights, restriction bands, Kettlebells

FITNESS GOAL

Targeted Muscle Groups: Almost every muscle group ranging from biceps to hamstrings.

Our circuit addresses almost every muscle group, including Chest muscles, shoulders, triceps, abdominals, deltoids, and other upper-middle body muscles, as well as the myriad of lower ones explained in the previous slide.

Recommended equipment: Weights, kettlebells, jump ropes, med balls, bosus, restriction bands

KEY WORDS

40/20 Circuit - This format means that you work for 40 seconds and rest for 20 seconds

Muscular Strength - the amount of force a muscle can produce with a single maximal effort

Muscular Endurance - the ability of a muscle or group of muscles to repeatedly exert force against resistance

Flexibility- that your body can move through its entire range of motion without pain or stiffness

Upper Body- the part of your body above your torso that consists of your deltoids, primary shoulder muscles, pectorals, biceps and abdominals

Lower Body- the parts of your body below your torso that consists of your gluteus maximus, hamstrings, gastrocnemius, and quadriceps

Core Muscles- defined as the pelvic floor muscles, the transversus abdominus, the multifidus, your obliques, the rectus abdominis, the erector spinae, and the diaphragm. Minor core muscles include the gluteus maximus, latissimus dorsi, and trapezius.

GETTING STARTED~LAYOUT

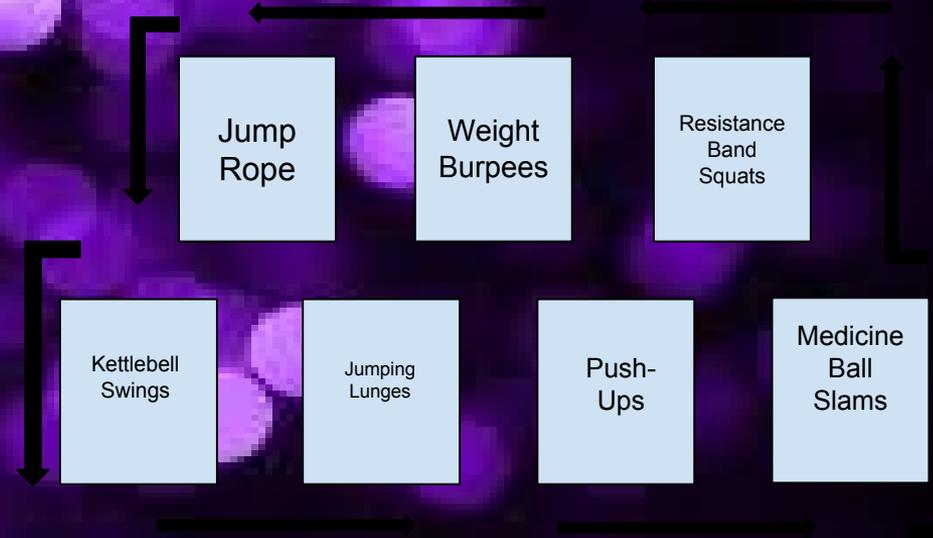
-Warm up:

- 5 dynamic warm-up exercises, 5 min. total

Circuit:

- Kettlebell swings
- Jumping Lunges
- Pushups
- Med Ball Slams
- Band Squats
- Weight burpees
- Jump Rope

14 minutes total. S



Cooldown

- 5 min.

EQUIPMENT NEEDED

- Kettlebells (5 lb and 10lb)
- Medicine Balls
- Jump Ropes
- Resistance Bands (small bands)
- Dumbbells (5 lb and 8 lb)
- Bosus (To progress the push-ups)



WARM- UP

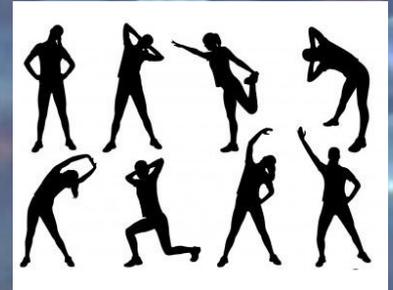
Each warm up exercise takes 30 sec., making the entire warm-up process 5 min. The targeted muscle groups in the warm-up include your glutes, hamstrings, biceps, triceps, and many more!

Exercises:

Running in Place → Jumping Jacks → Side-steps

High Knees → Butt-kickers

- Run through twice



STATION 1: KETTLEBELL SWINGS



Description: Take a kettlebell and have your legs shoulder distance apart. Using your hips, start from a squat and swing the kettlebell above your head. Repeat as many reps as possible.

Key Muscle Groups: **Lower body** (quadriceps and hamstrings), **Core** (abdominal muscles, pelvis, lower back), **Upper body** (deltoids, primary shoulder muscles, latissimus dorsi)

Fitness Components: **Muscular strength** and **endurance**

Skill Components: **Power**, **Speed**(how fast you can lift the kettlebell each rep), **Coordination**



KETTLE BELL SWINGS CONTINUED

Modification

- Do a kettlebell deadlift
 - Bend your back down, squat and pick up the kettlebell without swinging your arms



Progression

- use a heavier kettlebell



STATION 2: JUMP LUNGES



Description: Start in a lunge position with one leg forward and the opposite leg backward. Jump as high as you can and switch the position of your leg, moving your front leg to the back and the rear leg to the front.

Key Muscle Groups: Quadriceps, hamstrings, glutes, lower back, and abdominals

Fitness Components: Muscular strength and cardiovascular endurance

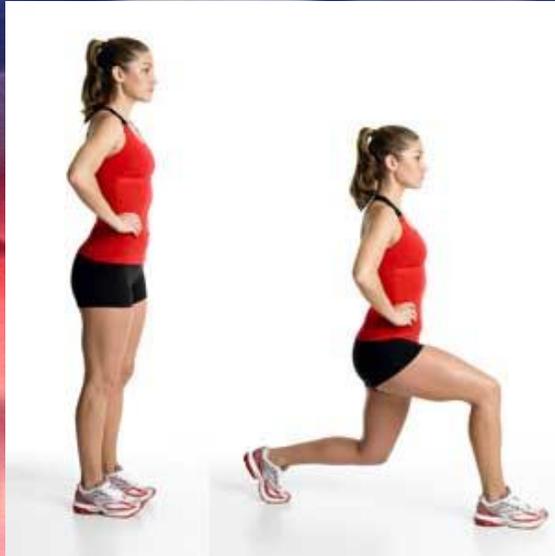
Skill Components: **Strength** (your lower body muscles) and **Power** (increase your explosive power to jump higher)



JUMPING LUNGES CONT.

Modification

Do regular lunges



Progression

Do a jump lunge twist

Perform a regular jump lunge but while you are jumping up and switching legs, rotate the medicine ball to the other side.

JUMPING LUNGE WITH TWISTS

Areas trained: **THIGHS, CALVES, BOTTOM, SIDES OF STOMACH, SHOULDERS**

Technique

- Start in a lunge with your right leg in front and your upper body rotated to the right, holding a medicine ball in both hands.
- Jump up as high as you can and switch legs, while rotating the ball to the other side.
- Land in a lunge with your left foot in front and your upper body turned to the left.



SAFETY TIP
Both knees should be at 90 degrees at the bottom of the lunge.

STATION 3: PUSH-UPS

Description: Start in a plank position, place your hands on to the floor and directly under the shoulders. Then, slowly lower your body keeping your back nice and flat with your eyes focused about three feet in front of you, so it can help you to keep a neutral neck until your chest grazes to the floor. After that push back up. Repeat as many reps as you can.

Key Muscle Groups: Chest muscles, shoulders, triceps, abdominals, and serratus anterior (muscles directly under armpit)

Fitness components: Muscular endurance and muscular strength

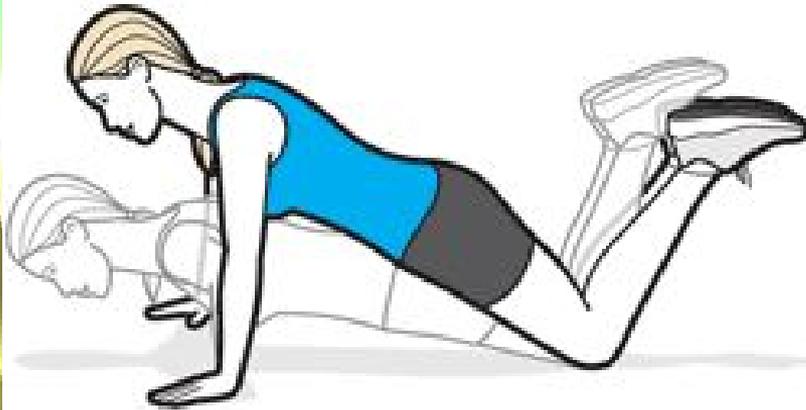
Skill components: helps with upper body muscles and muscular **balance** (essential component to injury prevention)



PUSH-UPS CONT.

Modification

Do push ups with knees bent



Progression

Push ups with a bosu ball



STATION 4: MEDICINE BALL SLAMS

Instructions: The starting position is holding the medicine ball with both hands and stand with your feet at a shoulder width. Then, raise the ball above your head and fully enlarge your body. After that, slam the ball directly on to ground as hard as you can with power and squat until you pick it up.

Key muscle groups: Triceps, abdomen, shoulders, back, glutes, and quadriceps.

Fitness components: Cardiovascular component and muscular power

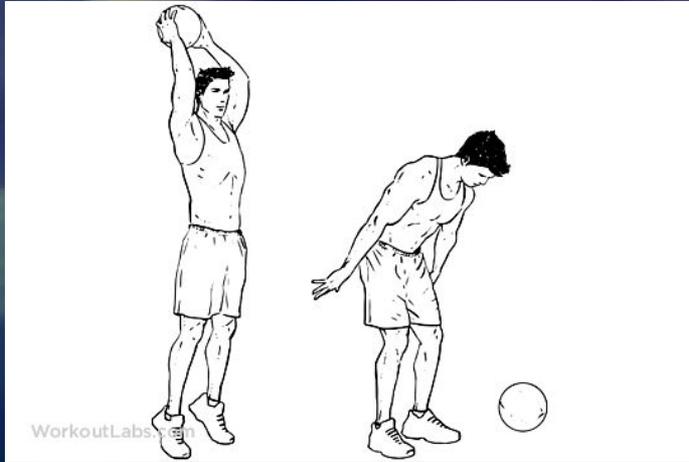
Skill components: Develop power, speed and strength



MED BALL SLAMS CONT.

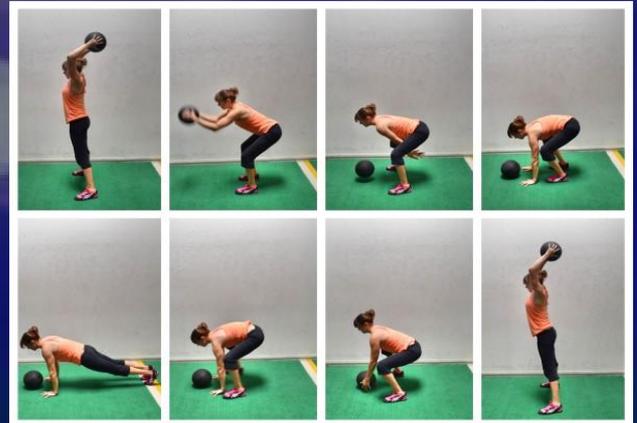
Modification

Slam the med ball onto the floor and remove the squat at the end



Progression

Perform a med ball slam and after you slam the ball onto the ground, do a burpee and come back up. Repeat as necessary.



STATION 5: RESISTANCE BAND SQUATS



Instructions: Stand with your feet shoulder width apart and your chest held up and out. Next, place your feet shoulder width apart or wider. After that, place the resistance band above the knee. Finally, sit back down like you are sitting down on an imaginary chair or bench.

Key muscle groups: Gluteus maximus, hamstring, and quadriceps.

Fitness components: Muscular endurance and strength

Skill components: Strength, speed, jump, and helps with lower body



RESISTANCE BAND SQUATS CONT.

Modification

Do normal squats



Progression

Side Step Squats (for this, make sure that the restriction band is to your ankle)



STATION 6:WEIGHT BURPEES

Instructions: With a slight modification, this exercise is still the same as regular burpees. Using weights in both hands(whichever weight you prefer), get down into plank position. Pull your legs in as fast you can and jump up with your hands above your head(the weights are in your hands). Repeat as many reps as you can.

Key Muscle Groups: Quads, Glutes, Hamstrings, abdominals

Fitness Components: Muscular strength and Muscular endurance

Skill Components: Speed, coordination



WEIGHT BURPEES CONT.

Modification

Remove the weights and do a normal burpee.



Progression

Use a heavier weight. Repeat as necessary.



STATION 7: JUMP ROPE



Key Muscle Groups: Targets your lower body muscles from your calves to hamstrings along with upper body muscles such as arm and hand muscles. Back and chest muscles are also engaged when you swing the rope.

Fitness Components: Muscular endurance, Muscular strength

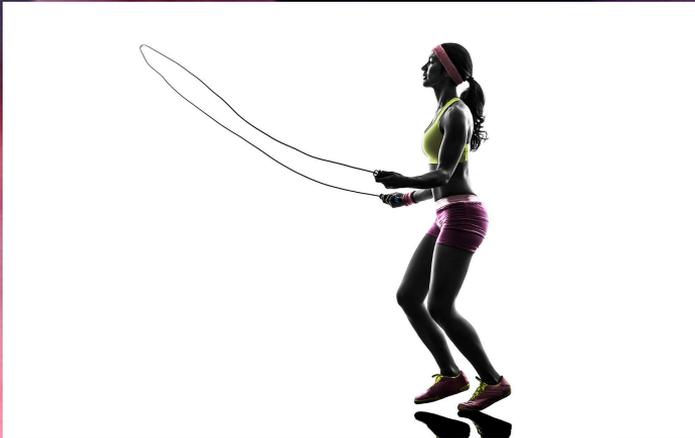
Skill Components: Coordination and agility



JUMP ROPE CONT.

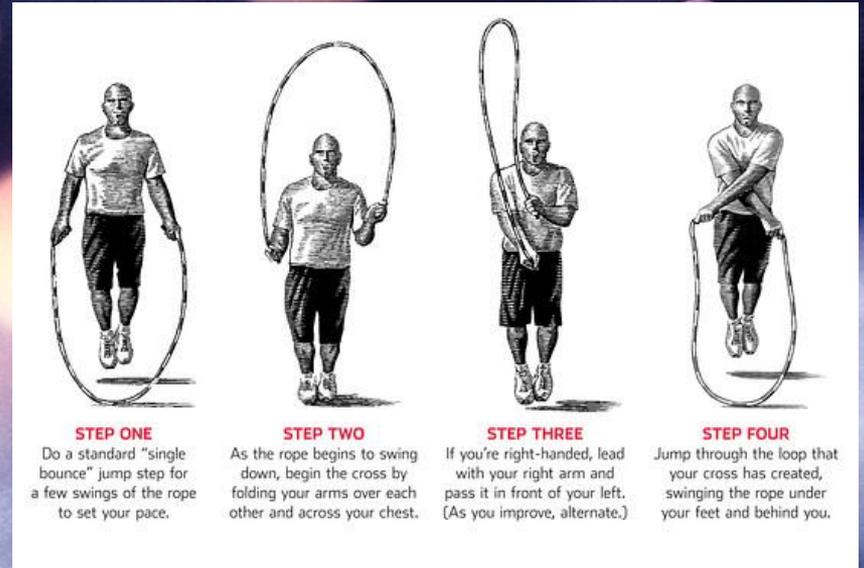
Modification

Do a normal, easy pace jump rope or swing the jump rope using one hand.



Progression

Crossover jump rope



COOL DOWN:)

After a long workout filled with lots of tiring exercises, you will need to properly cool down to prevent long term injuries and the usual aches and pains. The cool down consists of 4 different exercises/stretches that will last for 30 to 60 seconds each, 2 rounds total.

Running around the black top (1 min.) → Jumping Jacks (30 sec.) →

Leg stretches (30 sec.) → Arm stretches (30 sec.)



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Thank You!