

Body Bits Blitz circuit!

Core and trunk II

Crunches Feet on ball
Gym Ball

(Place mats here)

Hip Raises Calves on Ball
Gym Ball

(Place mats here)

Sit-ups
Gym Ball

(Place mats here)

Single Leg Lift
Gym Ball

(Place mats here)

Oblique Sit-ups Feet on Ball
Gym Ball

(Place mats here)

Reverse Curls
Gym Ball

(Place mats here)

Name of circuit: Six Pack

Number of stations: 6

The number of stations can be more or less to suit the individual or group

Number of circuits: 3-5

Complete 30 sec of each exercise with 30 sec change over. 1 min rest between each circuit. Total circuit time is approx 5min 30sec. Complete exercise in slow and controlled manner.

Equipment required: 6 x Gym Ball, 6 x mat or towels (this is allowing for one person per station).

Warm-up: 5-10 min duration

(light jogging, skipping, running on the spot). Ensure participants mobilise and stretch all major muscle groups that will be used in the circuit.

Cool-down: 5-10 min duration

Ensure participants adequately stretch all major muscle groups that have been used in this circuit



Think about

- Ensure there is enough space between participants



Look out for

- Technique – never sacrifice technique for speed
- Poor posture and execution of exercise.



Handy tips

- Be aware of past/current injuries or conditions that may effect the ability to perform an exercise.
- increase time of each exercise as core strength increases. Still maintain slow execution

