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# **CIRCUIT TRAINING**

**Taught by:**

**LILLY-ANN O'HORA**

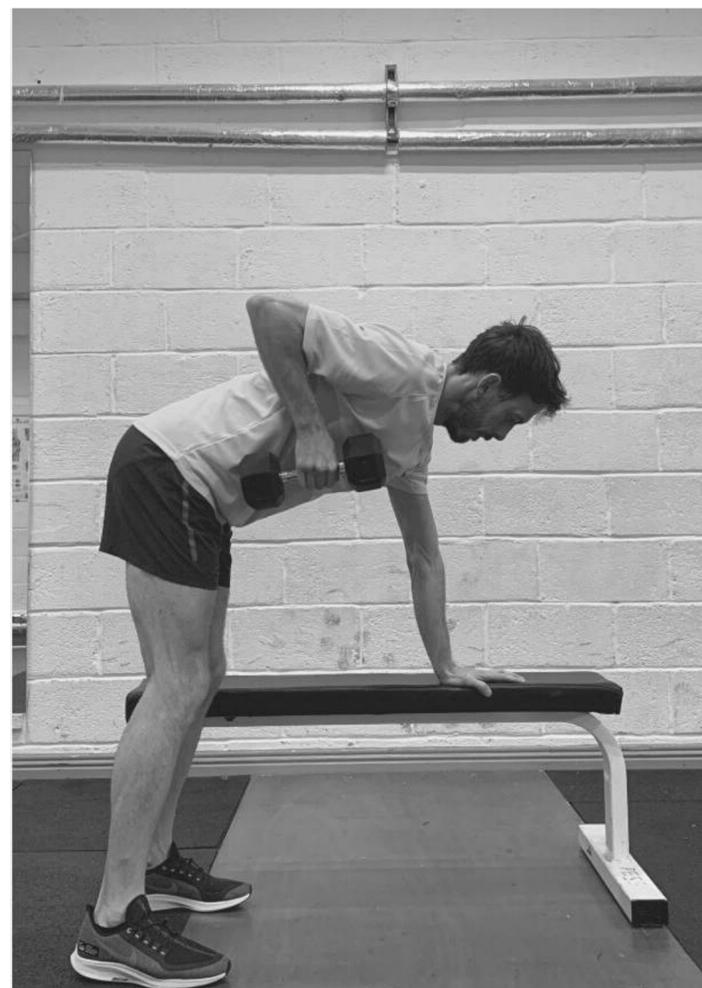
**PAUL BYRNE**

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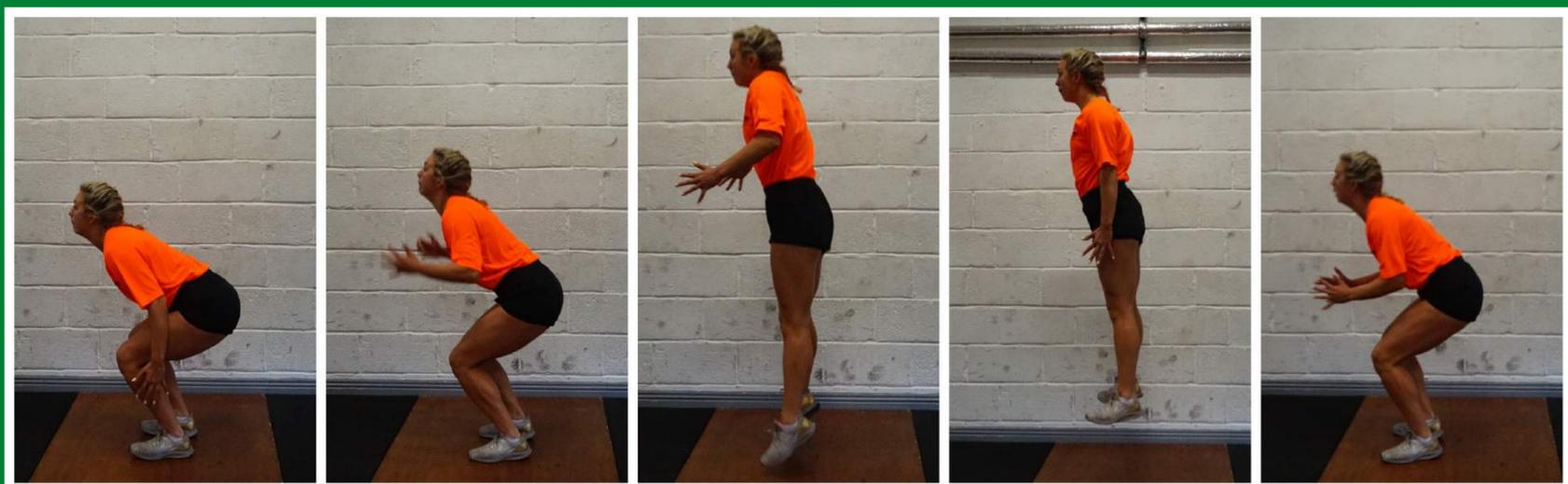
Circuit training is an excellent way to improve mobility, strength and stamina. The circuit training comprises of multiple exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

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.

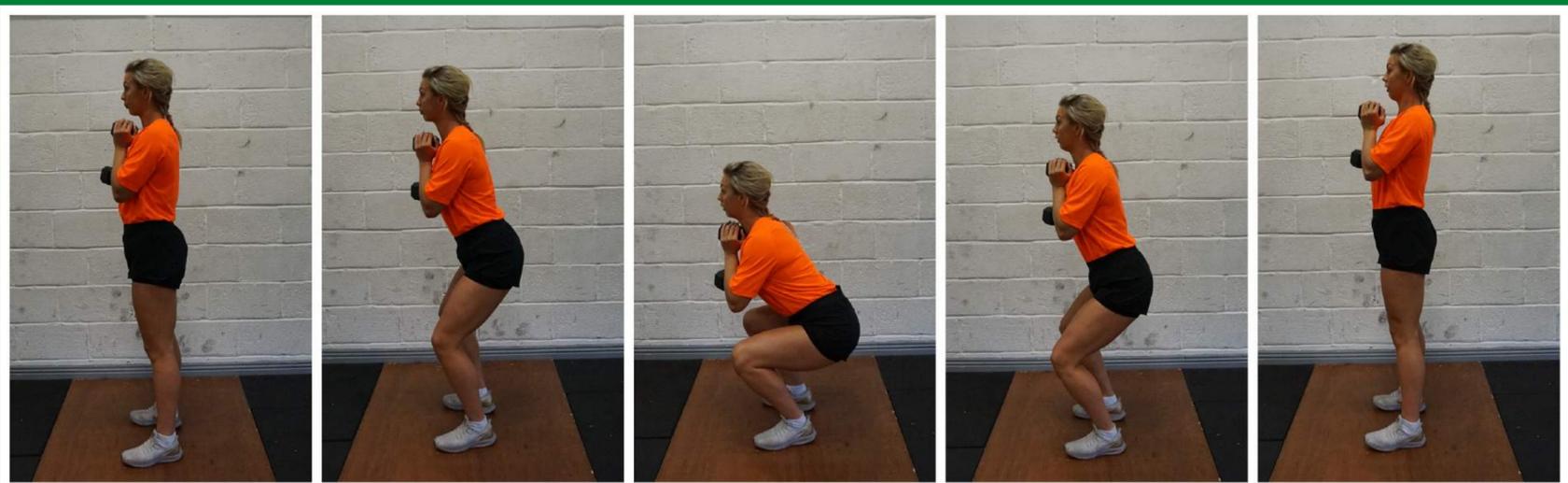


4 Exercises of 6 Rounds  
20 seconds working and 10 seconds off  
Rest for 1-2 minutes and Repeat



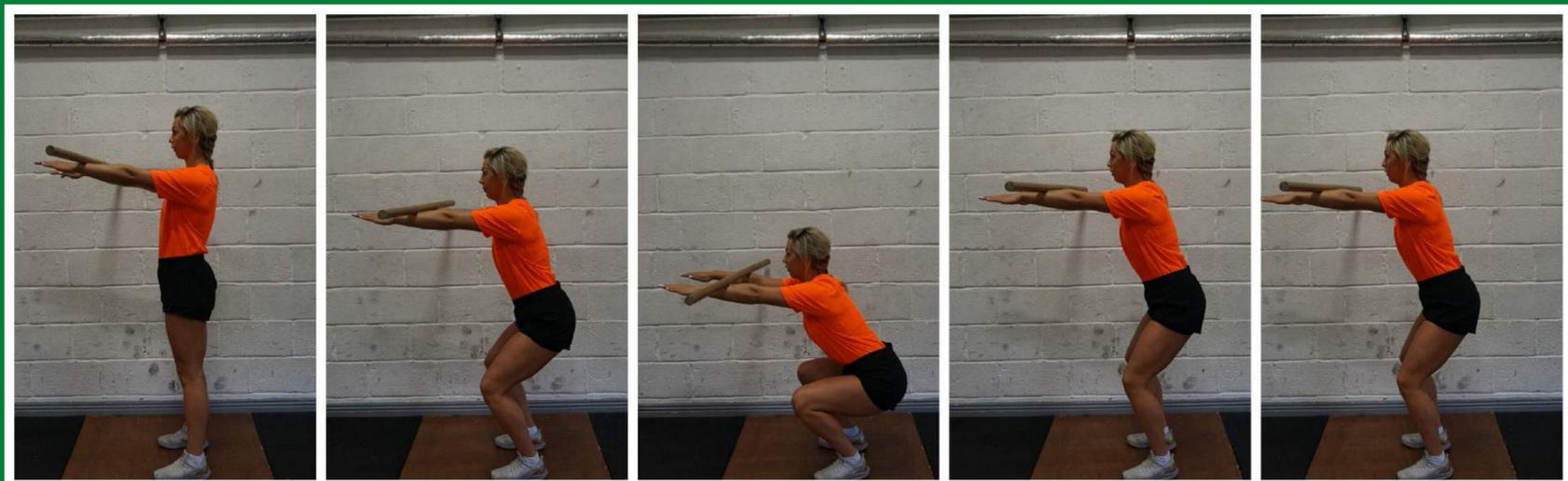
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4 Exercises of 6 Rounds  
15 seconds working and 10 seconds off  
Rest for 1-2 minutes and Repeat



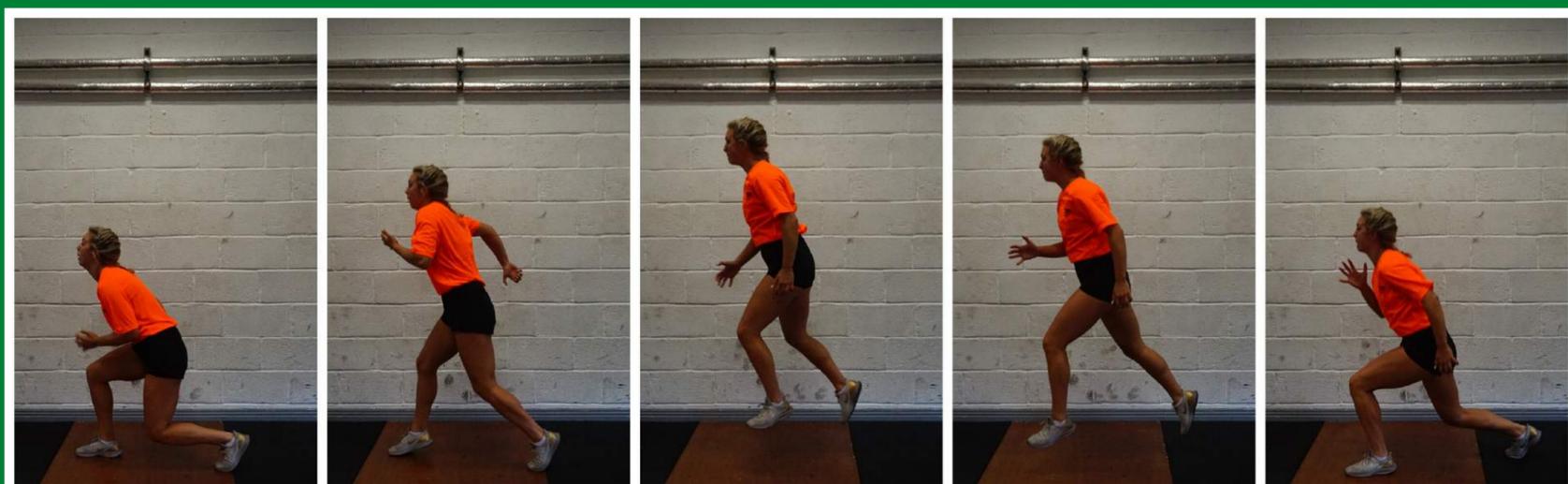
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4 Exercises of 6-8 Rounds  
20 seconds working and 10 seconds off  
Rest for 1-2 minutes and Repeat



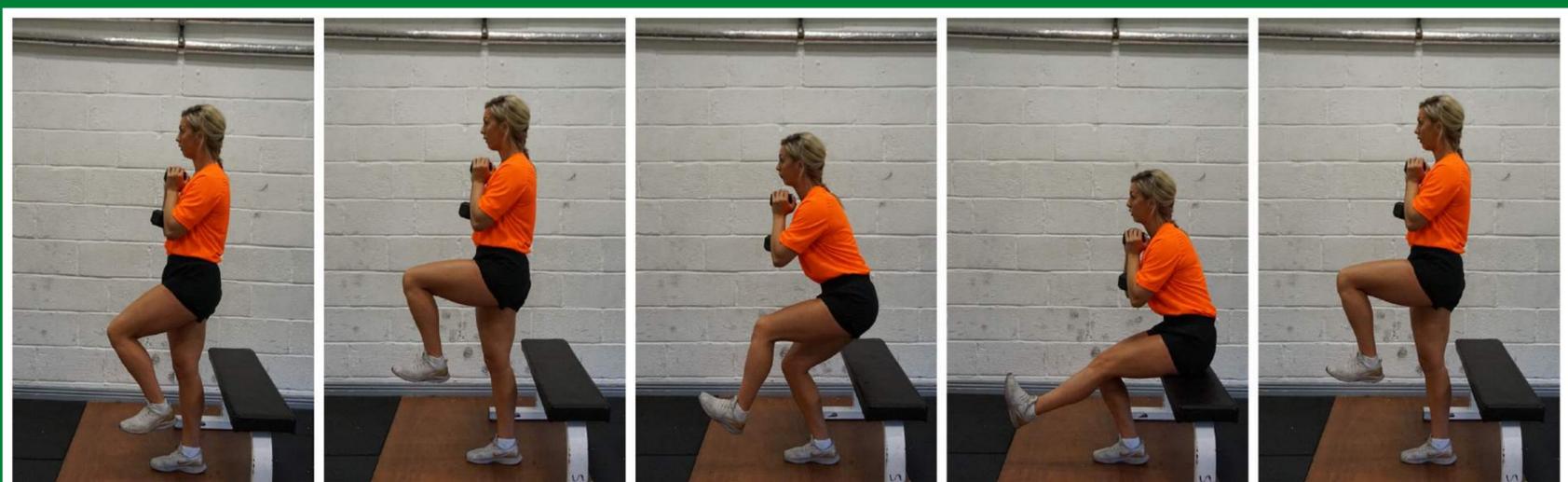
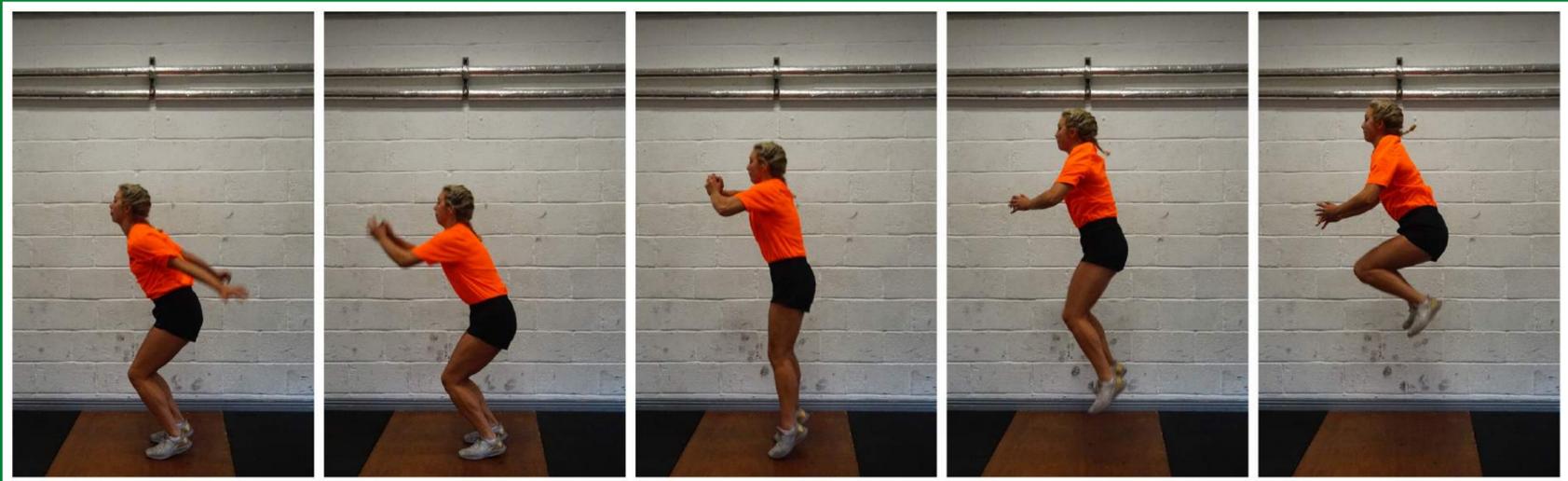
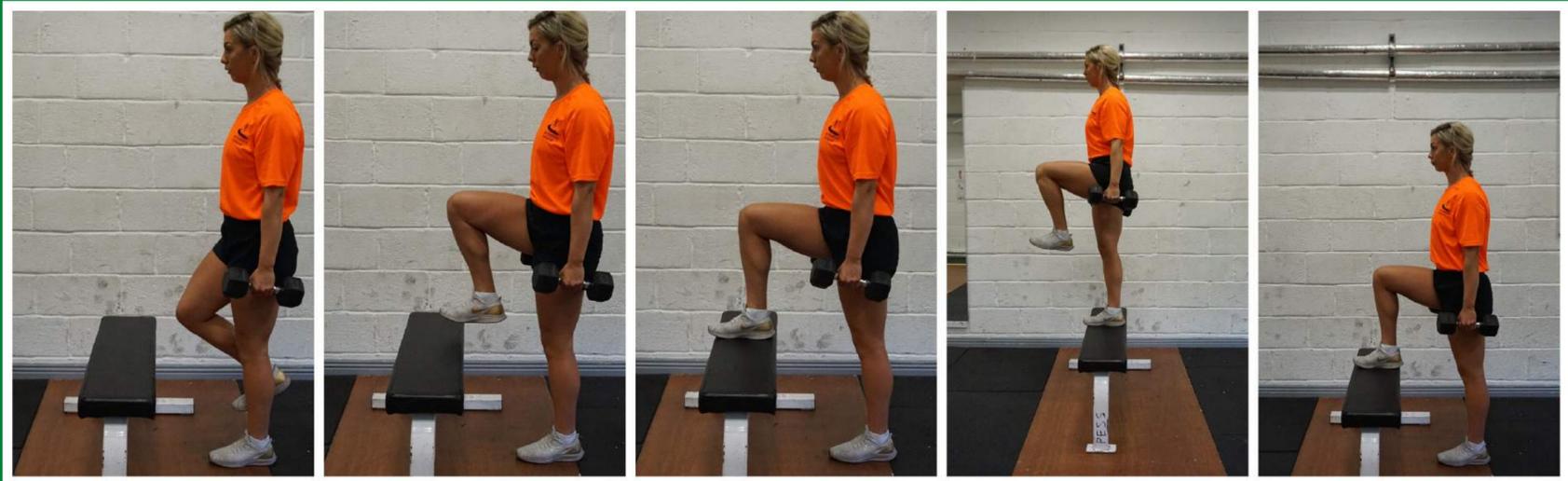
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4 Exercises of 6-8 Rounds  
15 seconds working and 10 seconds off  
Rest for 1-2 minutes and Repeat



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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



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

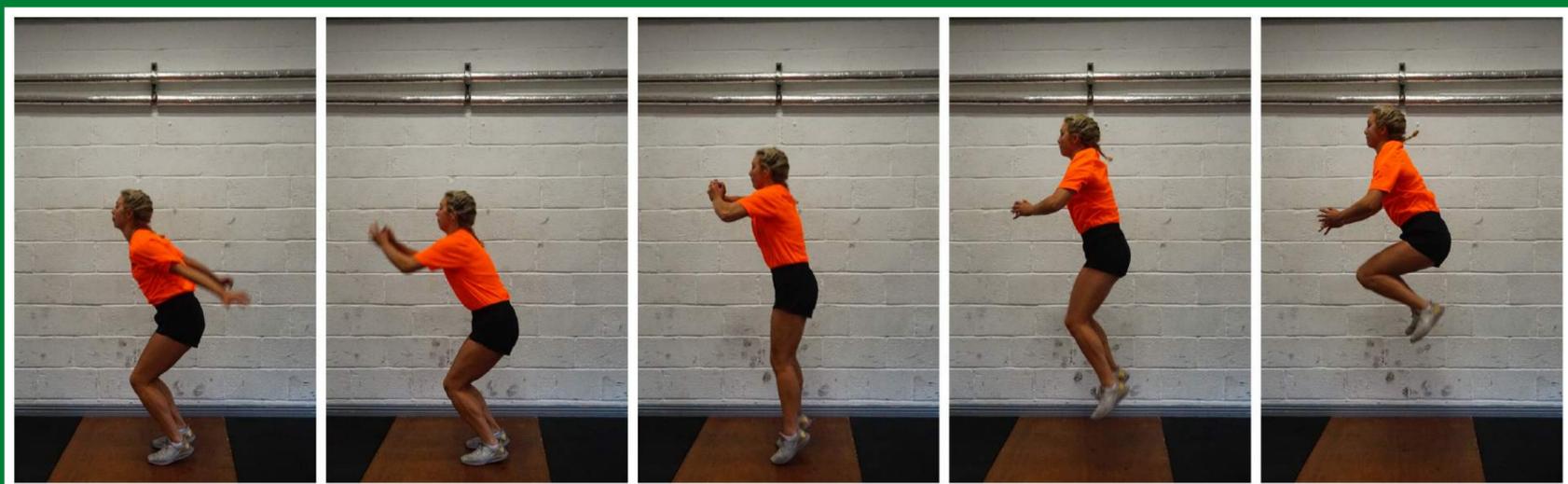
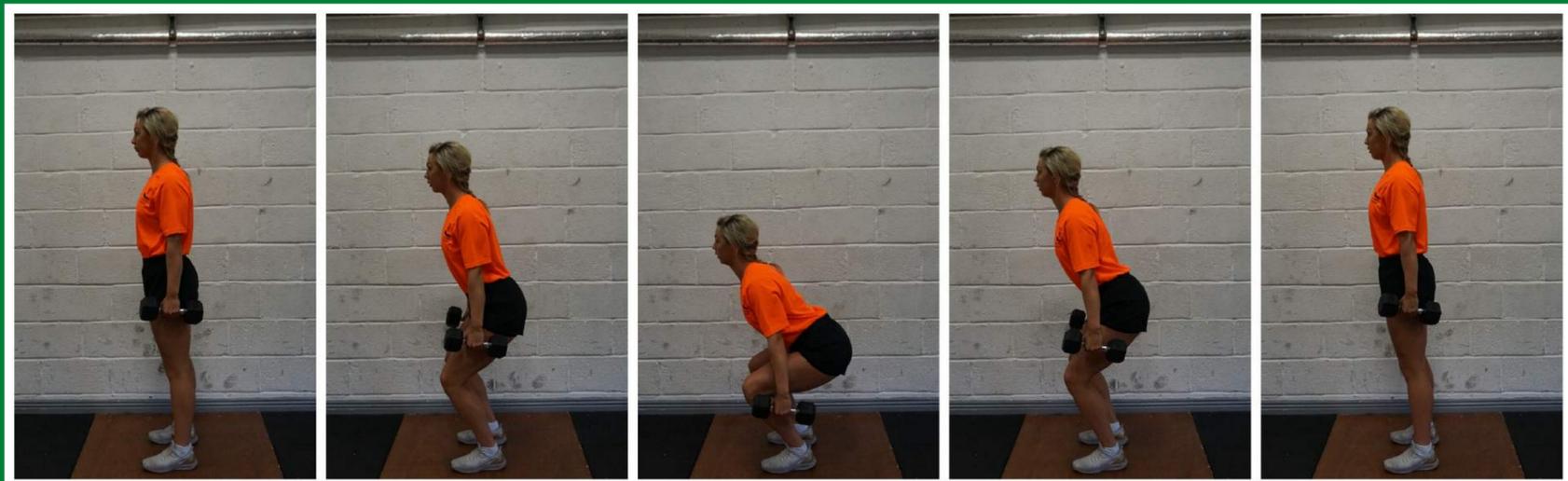


4 Exercises of 6-8 Rounds  
20 seconds working and 10 seconds off  
Rest for 1-2 minutes and Repeat



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



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