

The Simplest Circuit Class to Teach Ever!



The format for teaching Circuits makes life really easy for you! The same exercises are taught to everyone but the different pieces of equipment highlights and enhances different aspects of the movement. Remember to add your own prep & closing phases as well as intervals between each station. Listen to the accompanying audio for more ideas and full explanation.

Exercise	Instruction	Roller	Circle	Mini Ball	Band
Phase 1 & 3					
Shoulder Bridge with arms overhead	Articulate into bridge. Take arms overhead. Lower through spine. Return arms to sides.	Lying on roller. Stay strong in feet.	Place circle around outside of legs. Make sure feet are slighter wider so need to push out into circle	Ball between knees. Squeeze the ball as take arms over	Hold band and press against front of hips, hands anchored during the articulation. Have band tight so emphasises hip extension
100	Lift into 100 position.	Lying on roller. Press hands into floor to help stability	Place circle around outside of legs. Keep pressing out making sure legs stay parallel	Ball between knees. Keep squeezing ball	Hold band, slightly pulling apart. Keep pulling band apart slightly as beat arms
Roll Up	Roll down towards the mat and return focusing on the C Curve	Lying on roller. Focus on feeling movement through the vertebra sequentially. Stay strong in feet	Place circle around outside of legs. Make sure feet are slighter wider so need to push out into circle, keeping legs parallel	Ball between knees. Keep squeezing ball	Hold band. Keep crown of head pointing towards the band
Double Leg Stretch	Lift into C Curve, Extend arms and legs and return	Lying on roller. Extend legs only Press hands into floor to help stability	Place circle around outside of legs. Keep pressing out making sure legs stay parallel	Ball between knees. Keep squeezing ball	Hold band and take overhead and return. Take band to just above crown of head
Spine Twist	Holding piece of equipment in front. Twist and lift overhead, return and rotate back to centre.				

Phase 2 & 4					
Swan Dive	Lying prone, inhale to extend upper body, exhale to lower and extend lower body	Hands on roller As lift upper body, keep arms straight and draw roller towards you	Place circle just higher than the ankle joint. Be aware that the range of motion may be smaller	Place hands on the mini ball. Push down into the ball as extend the upper body	Band is around mid back. As extend upper body, extend arms out.
Leg Pull-Front	Hands under shoulders, lengthen out into position. Add in lengthening one foot away.	Hands on roller Push down to create sense of lift	Place circle just higher than knees. Lightly squeeze the circle	Place ball between ankles. Lightly squeeze	Band around mid back Keep sense of pressing slightly into band to help scapula alignment
Side Kicks	Side lying, body in parallel. Both legs lift and lower	Roller under hip, resting on elbow. Focus on pressing into supporting hand to help scapula alignment	Circle in front of body, arm out-stretched pressing circle. Helps to keep the ribcage connected	Ball under hip, resting on elbow Focus on pressing into supporting hand to help scapula alignment	Band clipped and around ankles, pressing out into band Keep pressing out.
Swimming	Lying prone, lift into extension and swim!	Hands on roller, one hand lifts, as other draws roller in slightly. Use upper body only first to understand the movement, then add legs	Circle just higher than ankle joint. Lift circle up using hip extension then swim with arms only	Hands on mini ball, pressing down, spine lifted into extension. Swim with legs only	Band clipped around ankles Swim with arms only.
Rest position	Sit back onto heels, crown of head on floor, nose as close to knees as possible				