

MUSCULAR ENDURANCE CIRCUIT TRAINING



[DAY]
[DD/MMM/YYYY]

[Insert Company Logo]

[INSTRUCTOR'S NAME]

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PART 01: INTRODUCTION

Pre-lesson priorities:

1. General introductions (instructor(s) and student(s));
2. Previous and current health queries for student(s);
3. Student(s) to remove jewellery, watches or other potentially dangerous adornments;
4. Nominate emergency vehicle and driver (as required);
5. Locate nearest A&E and route to (as required);
6. Identify mobile phone and location (emergency use);
7. Ensure student(s) have refreshments (as required); and
8. Count number of students!

Introduction:

[The introduction is optional.]

Aim:

The aim of this lesson is to maintain/improve the muscular endurance of the students. It is also to gauge the fitness levels of students attending [name of company] lessons and to review a potential instructor.

Venue:

This lesson will take place at [Inverleith Park, western field].

Timings:

- Duration: 60 minutes
- Start: [1900]
- Finish: [2000]

Date:

This lesson will take place on [Day DD/MMM/YYYY]

Instructor(s):

- Chief instructor: [George Formby]
- 1st assistant instructor: [Gareth Keenan]
- 2nd assistant instructor: [Peter Kay]

Dress:

- Instructor(s): Boots, C95 trousers, corps belt and branded t-shirt.
- Student(s): Appropriate footwear and clothing, training bib

PART 02: HEALTH & SAFETY (RISK ASSESSMENT)

RISK ASSESSMENT			
Assessment Sponsor:	[Name of company]		
Assessment Number:	[Number]		
Assessment Date:	[DD/MMM/YYYY]		
Assessor:	[Name]		
Activity/Process	No of Persons at Risk (indicate with ✓)		
[Name of Activity/Process]		Employees	Others
	1	✓	
	2-5		
	6-10		
	10 plus		✓
Hazards Involved with Activity/Process			
<ol style="list-style-type: none"> 1. Poor execution of techniques due to fatigue 2. Slips/trips and falls. 3. Jumping and landing. 4. Dehydration. 			
Existing Safety Measures/Controls			
References:			
<ol style="list-style-type: none"> A. CMS(R) B. ATRA/C&E/H&S 01. C. CTP. 			
<ol style="list-style-type: none"> 1. All lessons under continual validation by [Job Title]. 2. Supervised by qualified PTI's during lesson in accordance with reference A, CTP and [Name of Company] protocols. 3. Safety mats for jumping and landing. 4. Full demonstration of circuit prior to training. 5. Water breaks throughout lesson. 6. In accordance with reference B, young persons are supervised and controlled closely at all times during activity. 			
The Residual Risks(s) (after existing Control Measures).	Risk Rating		
If there are none, write "Controls Adequate" below. If risks still exist, detail them below and rate the Residual Risks.	Likelihood x Severity = Rating		
[Controls Adequate]	1 x 2 =2		

IMPLEMENTATION OF CONTROLS AND MONITORING			
Additional controls required to reduce residual risks below the rating of 3.			
[Maintain control measures.]			
Additional Controls Agreed:			Yes/No
If "Yes" detail the action to be taken:			
Target date for implementation:			[DD/MMM/YYYY]
Signed:		Job Title:	
ASSESSMENT REVIEW			
Date Implemented:			[DD/MMM/YYYY]
Controls effective:			Yes/No
Comments:			
[As required]			
Assessment Review Date:			[DD/MMM/YYYY]
Signed:		Job Title:	

Risk Rating		Rating Action Bands
Likelihood	Severity of Injury	Rating Bands & Actions Required
1: Most unlikely	1: Trivial injury	Maintain control measures
2: Most unlikely	2: Minor injuries	Fine tune control measures
3: Possible	3: Major injuries	Improve control measures
4: Likely	4: Major injuries to the person	Improve controls immediately & consider stopping work
To establish Risk Rating, multiply “likelihood” by the “Severity”		

PART 03: WARM-UP

Aim:

The aim of the warm-up is to:

1. Protect against injury by:
 - o Raising deep muscle temperature
 - o Stretching connective tissue
2. To improve the bodies efficiency by:
 - o Raising the heart rate
 - o Increasing respiratory rates
 - o To improve performance by preparing the body for the exercise to come

The warm-up is to include the following:

1. **10 minutes mobility and pulse raising:**
2. Mobility exercises should include:
 - o Ankle
 - o Knee
 - o Hip
 - o Spine lateral
 - o Spine front & back
 - o Spine rotational
 - o Shoulders
 - o Elbow
 - o Neck
3. Pulse raising activities should start at a gentle pace (walking or gentle jogging) and climax at the intensity of the session to take place (i.e. sprinting for sprints).
4. Where possible and appropriate the warm-up should also include some fun partner games.

Venue:

The warm-up stage of the lesson will take place at [Inverleith Park, western field].

Timings:

The duration of the warm-up is a minimum of 10 minutes, from [1900 to 1910].

Instructor(s):

- Chief instructor: [Peter Kay]
- 1st assistant instructor: [Gareth Keenan]
- 2nd assistant instructor: [George Formby]

Equipment Required:

The following equipment is required for the warm-up:

- [Pickets x4]
- [Markers x4]

PART 04: MAIN THEME

Venue:

The main theme of the lesson will take place at [Inverleith Park, western field].

Timings:

The duration of the main theme is 40 minutes, from [1910 to 1950].

Instructor(s):

- Chief instructor: [George Formby]
- 1st assistant instructor: [Gareth Keenan]
- 2nd assistant instructor: [Peter Kay]

Equipment Required:

The following equipment is required for the main theme:

- [Pickets x4]
- [Markers x4]
- [Rollmats/training mats x4]
- [Student handouts (1 per training mat)]

Description of Lesson:

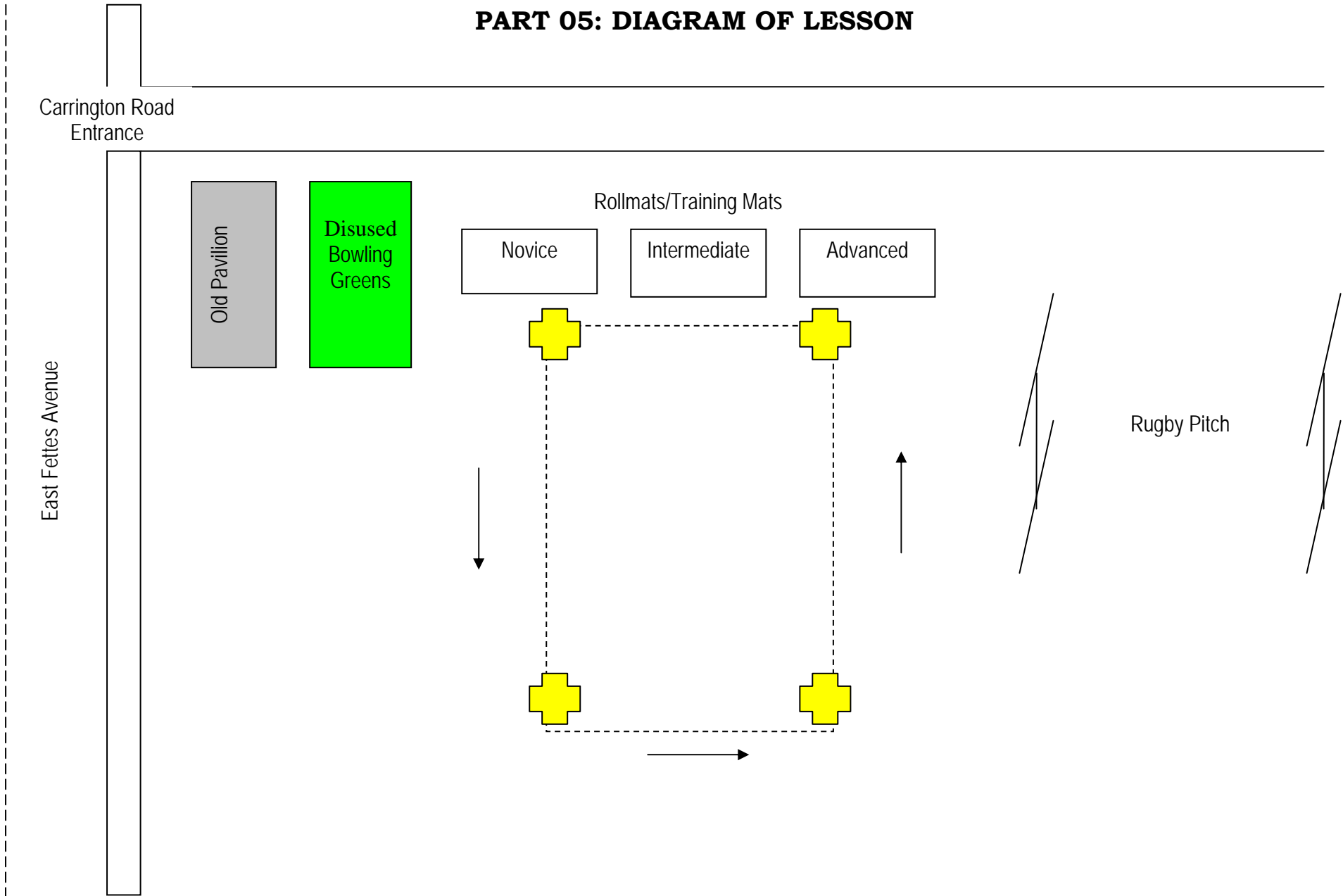
The main theme of the lesson is organised as follows:

1. Layout the equipment as per the diagram
2. The circuit is individual effort and will be timed
3. Students to select level as follows:
 - Novice 10 }
 - Intermediate 15 }
 - Advanced 20 }Repetitions per exercise
4. The exercises should be carried out in the order as shown below
5. Complete repetitions for exercise one and then run around square (individual dictates pace of run)
6. Complete repetitions for exercise one and two. Again run around the square
7. Now complete repetitions for exercise one, two and three. Run around the square
8. Follow this pattern till the students have completed all the exercises as one and run around the square a final time, returning to their mat.

9. The exercises are:

- Normal Press-ups
- Normal Sit-ups
- Squats
- X-Thumb Press-ups
- Crunches
- Knees to Chest
- Wide Arm Press-ups
- Alt V-Sits
- Squat Thrusts
- Reverse Press-ups
- Heel Touches
- Lunges
- Burpees

PART 05: DIAGRAM OF LESSON



PART 06: WARM-DOWN

Aim:

The aim of the warm-down is to:

1. Eliminate waste produced during the exercise;
2. Encourage venous return; and
3. Return muscles that have shortened due to use back to their original length.

The warm-down is broken down into 2 parts:

1. **3 minutes mobility:**
 - This should include general mobilising exercises to areas used during the main theme; and
 - Exercises should be graduated to progressively lower the heart rate to “normal”.
2. **7 minutes static stretching:**
 - To return the muscles to their optimum length; and
 - Each stretch should be held for 20-30 seconds.

Venue:

The warm-down stage of the lesson will take place at [Inverleith Park, western field].

Timings:

The duration of the warm-down is a minimum of 10 minutes, from [1950 to 2000].

Instructor(s):

- Chief instructor: [Gareth Keenan]
- 1st assistant instructor: [George Formby]
- 2nd assistant instructor: [Peter Kay]

Equipment Required:

The following equipment is required for the warm-down:

- [Pickets x4]
- [Markers x4]

PART 07: POST LESSON DETAILS

Check:

1. Any injuries student(s) have sustained, give advice or first aid as appropriate; and
2. Did the student(s) enjoy the lesson?
3. Count number of students (*see part 01: introduction, pre-lesson priorities*)

Look Forward:

Look forward to the next lesson;

- Which is: [Name of lesson]
- On: [DAY DD/MMM/YYYY]

PART 08: STUDENT HANDOUT

To be given to the students before demonstrating the exercises.

1. **Normal Press-ups**
2. **Normal Sit-ups**
3. **Squats**
4. **X-Thumb Press-ups**
5. **Crunches**
6. **Knees to Chest**
7. **Wide Arm Press-ups**
8. **Alt V-Sits**
9. **Squat Thrusts**
10. **Reverse Press-ups**
11. **Heel Touches**
12. **Lunges**
13. **Burpees**

A. Firstly select your level;

- Novice 10 }
 - Intermediate 15 }
 - Advanced 20 }
- Repetitions per exercise

B. The exercises should be carried out in the order shown above

C. Set up a square 80m running area with a mat for each student (max of 2 students) at one end

D. Start with exercise one and then run, student dictates pace, around the square

E. Complete exercise one and two then run around the square

F. Now complete exercises one, two and three and run around the square

G. Follow this pattern until you have completed all the exercises and have run around the square one final time, returning to your mat

H. This circuit is individual effort and will be timed