**KIN 245- FINAL PROJECT**

**TEACHING CIRCUIT TRAINING:**

* **Design a sample circuit training workout with 4 exercises:**
  + **30-90sec. each exercise (or certain number of reps) with designated rest (0-90sec.)**
  + Name & Describe 1 exercise for calisthenics
    - Describe the muscles that are involved in the movement.
    - Describe HOW TO do the exercise.
    - Describe HOW MANY sets and reps (or time) to perform.
  + Name & Describe 1 exercise for upper body
    - Describe the muscles that are involved in the movement.
    - Describe HOW TO do the exercise.
    - Describe HOW MANY sets and reps (or time) to perform.
  + Name & Describe 1 exercise for lower body
    - Describe the muscles that are involved in the movement.
    - Describe HOW TO do the exercise.
    - Describe HOW MANY sets and reps (or time) to perform.
  + Name & Describe 1 exercise for the core
    - Describe the muscles that are involved in the movement.
    - Describe HOW TO do the exercise.
    - Describe HOW MANY sets and reps (or time) to perform.
* **TYPE IT UP and turn the paper in to me the day of the teaching presentation.**
* **Teach the class how to do each exercise and lead the circuit.**