**KIN 245- MIDTERM PROJECT**

**TEACHING CIRCUIT TRAINING:**

* **Pick ONE exercise that you are going to teach the class.**
* **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.**