

# ***Make a note in your diaries: Winter Training starts in November.***

## **Keep Fit, Get Fit, Join In, Canoeing and Rowing Land based Circuit Training.**

**Date:** First session starts 1<sup>th</sup> November 2016 until 21<sup>th</sup> March 2017.

**When:** Tuesday Nights 6 p.m to 7 p.m

**Where:** St Laurence School Gymnasium.

**Cost:** Just **£2**



**Who can attend:** Anyone male / female from ages 12 upward all sizes from small, medium, round, large to XXL! Parents may come along and join in. Numbers limited maximum 25.

**Type of circuit:**

**Three to four circuits** consisting of most of the following exercises:

- Sit-ups
- Press ups
- The plank exercise.
- Bench push.
- Arms bent holding onto ropes
- Squat / Stride jumps
- Bunny hop jumps
- Rowing machine
- Back exercise using the medicine ball
- Tri-cep press or bench dips
- Pull ups using the parallel bars
- Step ups using the bench.
- Running, using the length of the gym.
- Spinning on the bike!
- Other exercises include stretching and basketball.

Each exercise is from 30 to 45 seconds long. This will vary from time to time.

For further details contact Mike Purchas – [mike@purchas.co.uk](mailto:mike@purchas.co.uk)