



Action Schools! BC

Promoting Healthy Living

Get Strong 101 Circuit

1. Review the skills on the Get Strong 101 DVD to ensure proper technique and familiarity.
2. Divide class into six groups and assign each group to a station (Upper Body, Lower Body, Quickness, Agility, Speed, Core).
3. Students choose the circuit level they are comfortable with: Moderate (red), Intermediate (yellow), or Most Challenging (blue).
4. Start on the signal (whistler, music, voice command).
5. Do the skill for 30-60 seconds (students or teacher chooses).
6. Stop on the signal.
7. All students turn to face the centre of the room and participate in a recovery activity (e.g. Energy Blasts DVD, moving to music, Head-to-Toe Stretch, speed walk or light jog if outside) for one minute.
8. Students move to the next station.

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Upper Body

Push Ups:

1 wall

2 partial

3 full



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Moderate: Refer to the Get Strong 101 DVD



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Upper Body Bands:

① shoulder front

② shoulder side

③ lateral



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Intermediate: Refer to the Get Strong 101 DVD



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Upper Body Bands:

- 1 bicep
- 2 tricep
- 3 chest press
- 4 chest pull



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Most Challenging: Refer to the Get Strong 101 DVD



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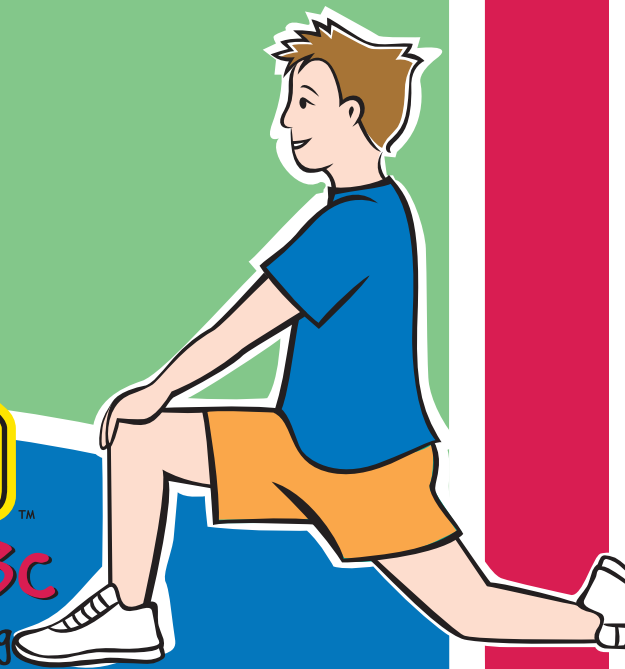
Lower Body

Lunges:

1 standing

2 3-point

3 leaps



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Lower Body

Squats:

1 standing

2 hops

3 jumps

4 single leg

5 sumo



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Intermediate: Refer to the Get Strong 101 DVD

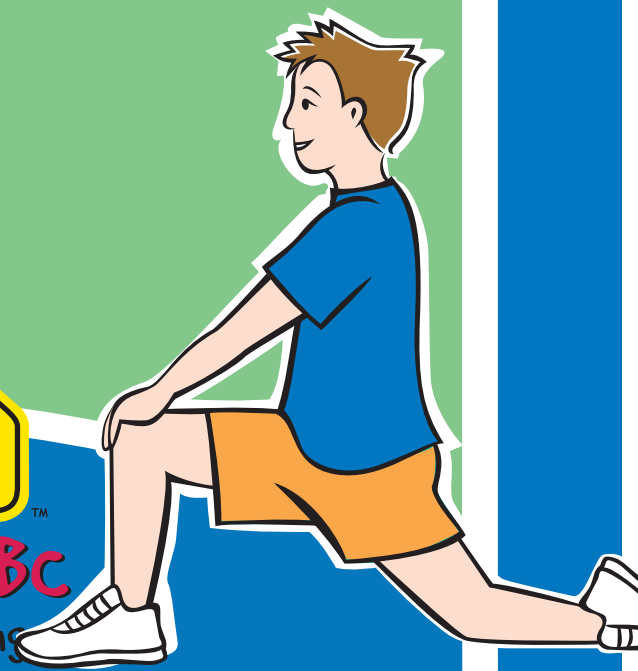
Lower Body

1 standing cone
touch 1

2 standing cone
touch 2



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Most Challenging: Refer to the Get Strong 101 DVD



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Quickness

Foot Taps:

1 taps

2 switches



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Moderate: Refer to the Get Strong 101 DVD



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Quickness

Foot Taps:

1 shuffle

2 x-shuffle



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Intermediate: Refer to the Get Strong 101 DVD



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Quickness

Ladder:

1 run 1

2 run 2

3 shuffle



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Most Challenging: Refer to the Get Strong 101 DVD



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Agility Ladder:

- 1 icky shuffle
- 2 forward 2
- 3 lateral 2
- 4 x-over



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Moderate: Refer to the Get Strong 101 DVD



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Agility

Stand Up:

1 4 point

2 sitting to stand up

3 lying to stand up

4 sprawl to stand up



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Agility

Hurdles:

1 shuffle

2 x-shuffle



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Most Challenging: Refer to the Get Strong 101 DVD



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Speed Swings:

1 standing swings

2 seated swings



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Moderate: Refer to the Get Strong 101 DVD



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Speed

1 high knees on the spot



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Intermediate: Refer to the Get Strong 101 DVD



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Speed

1 butt kickers on the spot



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Most Challenging: Refer to the Get Strong 101 DVD



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Core/Balance

Core: Holds

1 table leg

2 table arm

3 table arm & leg

4 Superman



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Core/Balance

Core: Trunk

1 knee drives

2 wipers



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Intermediate: Refer to the Get Strong 101 DVD



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Core/Balance

Balance:

1 747

2 karate kid

3 figure 8's



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Most Challenging: Refer to the Get Strong 101 DVD



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