

Bond University
Research Repository



Fast Fifty Circuits

Orr, Rob Marc

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):
Orr, R. M. (2001). *Fast Fifty Circuits*. FILEX International Fitness and Healthy Lifestyle Convention and Expo, Sydney, New South Wales, Australia.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

FAST FIFTY CIRCUIT IDEAS

	NAME	TYPE	DESCRIPTION	NOTES:
1.	Satellite	Circuit Set Up	Set up mini circuits in distinctive areas odd shaped and sized	
2.	Follow the leader	Circuit Set Up	Several exercises that are the same in a row.	
3.	Two Forward One Back	Circuit Set Up	For every 2 nd station you move forward to move one back	
4.	Redirect	Circuit Set Up	Use cones or other implements to redirect the current direction in a circuit.	
5.	Divide	Circuit Set Up	Use cones or other implements to divide the current direction in half	
6.	Changes	Circuit Set Up	When changing stations run around a cone before moving to next station. Then increase the cones run around	
7.	Aces go places	Circuit Set Up	One route to the next station place an ACE down and provide an option to the next station	
8.	Circuit in a Circuit	Circuit Set Up	Create one circuit in another Eg Box circuit in a normal full size circuit.	
9.	Sports Specific	Circuit Set Up	Set up a choice of sports based stations. Even provide alternatives / different sports	
10.	Double Trouble	Theme / Circuit Set Up	Two instructors running separate circuits or themes	
11.	Superset	Rotation	Alternate between two stations then move forward two	

	NAME	TYPE	DESCRIPTION	NOTES:
12.	Add on Circuit	Rotation	Start at a circuit station, then move to the next one. Move back to the first one, then complete the following one and the one following. Move back to the start.	
13.	Timing Station	Auto control	Set reps a station, once participant completes the reps they call 'change'	
14.	Relay	Auto Control	Utilise a relay baton as a change mechanism. Once you receive the baton move forward and pass the baton on.	
15.	Dice Roll	Select a rep	Have a pair of dice and a list detailing what the numerical role will represent.	
16.	Darts	Select a rep	Renumber a dartboard or child's 'nurf' dart board with repetitions.	
17.	Bomb the Base	Select a rep	Mark an area on the gymnasium floor and at a set station or stations the client is to throw an object (Eg Crushed paper) onto the marked area thus selecting the reps to be performed.	
18.	Intervals	Team	Divide participants into teams, One rest, stretch or drink station remainder of team keep working. Then change until all of team have had a time at the rest station, before moving to next series of stations.	

	NAME	TYPE	DESCRIPTION	NOTES:
19.	Partner Circuit	Team	One work one rest, spot or conduct other activities	
20.	Team Target	Team & Goal Setting	Give each exercise a repetition number. Each team must reach those reps, before moving on.	
21.	By the numbers	Goal Setting	Have a set number of reps per station that exceeds what can be done in a single set. Move to a collection point once finished then to next station	
22.	Colour Code	Goal setting Mind game	Colour code each station with reps / goals	
23.	Choose your own adventure	Mind game	Have exercise selections, where the client makes the choice based on an adventure or story.	
24.	Bingo	Board game		
25.	Raffle	Board game	Every time a client completes a designated exercise /s they place their name on a 100s board. At the end draw a raffle and announce the winner.	
26.	Battleship	Board game	Fire a round and if you hit a target the group have to do certain extra exercises.	
27.	Snakes and Ladders	Board game	Certain exercises 'advance' you along the circuit. Others send you back.	
28.	Cluedo	Board / Mind game	Provide clues or segments of a story around the circuit. At the end ask who	

	NAME	TYPE	DESCRIPTION	NOTES:
			did it.	
29.	Role Playing	Mind Game	Run an adventure	
30.	Wordles	Mind game	Place word based mind games at a station, with the solution at the next station	
31.	Lucky Dip	Game	Have a bin with numbered / coloured balls or cards face down. Participants run to their bins/ cards and select either number of reps or exercises they are to complete as / for next station	
32.	Heads or tails	Game	Either you flip a coin or the participant does as they move to a selected station with two options	
33.	Challenge	Games	Set up challenges or missions for one or all participants in the centre. Provide 'punishments' and 'rewards'	
34.	Black Jack	Game	Use cards to select reps or select participants at certain stations. Dress the part.	
35.	Spin the bottle	Game	Have reps, duration alternate exercises etc displayed in a clock face with a bottle in the centre and 'spin the bottle'.	
36.	Musical Chairs	Game	Run around circuit when music stops grab a station and start work	
37.	Gladiators	Game / Theme	Have team competitions in between	

	NAME	TYPE	DESCRIPTION	NOTES:
			certain rotations.	
38.	Safe Ground	Theme	Use steps, mats or large flat plate weights as stepping stones between stations	
39.	In and out	Theme	On command all clients to run to a designated station / s. On another command return to their station or move to next station.	
40.	Footy	Theme	Have a choice of two exercises at some stations, naming each exercise after a team. The participants then choose their teams.	
41.	Boot Camp	Theme	Militarise the session with obstacles, cadences etc.	
42.	Cat Burglar	Theme	Utilise agility based stations	
43.	Swimming	Theme	Set out marker buoys for the class to 'swim' around when changing stations	
44.	History	Theme	Provide historical themes to entire circuits or stations	
45.	Geography	Theme	Provide geographical themes to entire circuits or stations	
46.	Sports Rules	Theme	Dress as a sporting umpire or player and introduce the rules of different sports during the circuit	

FAST FIFTY CIRCUIT IDEAS

	NAME	TYPE	DESCRIPTION	NOTES:
47.	Street Signs	Theme	Name circuit lanes	
48.	Sports Rules	Education	Set rules at stations and apply rules to that station. Dress the part	
49.				
50.				