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Sizzling Circuits

By Rob Orr

Background

Circuits are a common form of group exercise training. However, unlike an aerobic class where the instructor is in fact participating, or a weight training session where attention is one-on-one, the instructor has free reign. Some take the opportunity to just 'go with the flow', get paid and get home, whilst others take the time and effort to **sizzle**.

1. Interact

- Coach.
- Feedback.
- Communicate.

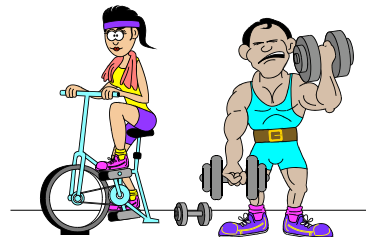


2. Involve

- Give them a chance to be involved in the session.
- Teach them to take be involved in their own training.

3. Energise

- Be the battery (Energiser).
- Motivate.



4. Dynamic

- In movement.
- In posture.
- In attitude.
- In instruction (you should be sweating at the end of the session from you exertion)

5. Educate

- Teach them.
- Develop an understanding.
- 1 hour with you 23 hours without.

6. Pay attention

- You are being paid to train them.
- Listening rather than hear.
- Focus on them.



7. Be positive

- Positive coaching avoiding negatives.
- Positive towards others (including fellow staff).
- Provide a positive experience.



8. Eat humble pie

- Be honest.
- Know your limitations....and admit them.
- Be approachable....to all.
- Respect the opinion of others.



9. Entertain

- Amuse, enthrall, delight and charm

10. Do more

- Be proactive.
- Rather than just do the bare minimum, do more.



Conclusion

So, in conclusion, next time you take a circuit, rather than just 'go through the motion', turn your instruction into art and sizzle.