

# Candidate Worksheet 3.5

## *Fitness circuit*

Identify below what fitness component/s the following exercises can be used to train. Abbreviate your answers as follows: Strength – ST, Speed – SP, Cardiovascular endurance – CV, Flexibility – F.

Exercise	Fitness component/s
Shuttle runs	
Abdominal curl	
Skipping	
Sprints	
Jumping jacks	
Jogging	
Step ups	
Back curl ups (reverse curls)	
Sergeant kicks	
Bicep curls	
Burpees	

Exercise	Fitness component/s
Quick feet ladders	
Small hurdles	
Press ups	
Tricep dips	
Resistance running sprints	
Quick feet (10 seconds)	
Passive hamstring stretching	
Side bends	
Lunges	
Spotty dogs	
Bench step, straddle, jump up	