

Alternate Lesson for Course Selection Day (Feb. 13th)

Number of Students: 18 Max

Length of Class: 80 minutes

Sequence of Events:

- Change: 10 mins
- Warm-up: 5 mins
- Circuit: 54 mins
- Cool-Down and Change: 10 mins
- Total: 80 mins

Non Cardio Timing:

3 Sets of each workout
 - 30 seconds on, 20 seconds off

30 seconds to get to the next workout

30 to get to next group station

Cardio Timing:

17.5 minutes straight

30 seconds to get to the next group station

Students will be separated into 3 groups.

Weights #1	Weights # 2	Cardio
Group 1	Group 2	Group 3
Group 3	Group 1	Group 2
Group 2	Group 3	Group 1

Weights #1

- Push-ups
- Leg Press
- Triceps Press
- Squats
- Shoulder Press
- Upright Rows

Weights #2

- Lat Pull-down
- One-arm Biceps Curl
- Leg Lifts
- Seated Row
- Lunges
- Congdon Curl