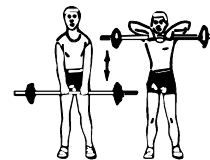


"A Weight Circuit ?? .... I haven't got time."



# NWA: 20-30 Minute CIRCUIT



Upright Rowing

360 Repetitions in 20 / 30 minutes  
(12 exercises x 3 sets x 10 repetitions/set)

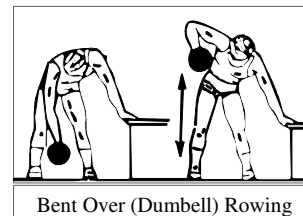
**YOU** may vary the manner in which each of the sets is completed (or add variations to accommodate *your needs*), e.g.  
**Military Press:** Barbell; Dumbbells Alternating; Seated; behind neck; ...

**Sit-Ups:** Bent Knee; Twisters; Cross-Overs; Feet Elevated; ...

(10 repetitions per set; 3 sets)

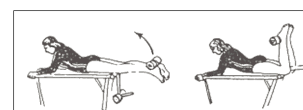
1. **BENCH PRESS ... BENT OVER ROWING**

2. **SIDE BENDS** (dumbbells or bar) ... **UPRIGHT ROWING**



Bent Over (Dumbbell) Rowing

3. **HAMSTRING CURLS ... LEG EXTENSIONS**  
Standing / Leg Weights

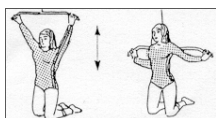


Hamstring Curls  
Better done standing

4. **LAT. PULLDOWNS ... MILITARY PRESS**

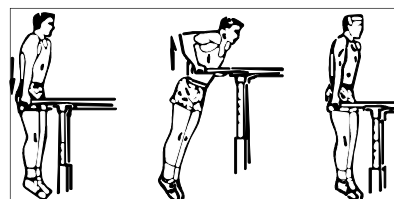
5. **SIT-UPS** (Bent Knee & Variations) ... **BACK EXTENSIONS**  
(and/or Cross Body Lifts)

6. **BICEP CURLS ... DIPS**



Lat. Pulldowns

After 3-4 weeks, consult with your coach to change (vary) the activities



Dips

## Variations

Include Movement Skills / Co-ordination Drills between each exercise group;

e.g. learn / choose 4-5 .. the range is almost limitless ...

- ⇒ 6 x 30-60 seconds **fast** speedball
- ⇒ 5-10 x Soccer Throw (medicine ball)
- ⇒ 2 x 15m A-Skip / Alt. Butt Kick / Combinations
- ⇒ 10 x Rocky Full Twist (reverse for 10 more)
- ⇒ Handball / Passing Drills
- ⇒ Hurdle Bounds: Pre-Jump / Explosive / Laterals
- ⇒ 4-6 x 15m Acceleration Ladder
- ⇒ 2-4 x 6 Lateral Hurdle Skips
- ⇒ 2 x 60 secs. High Speed Skipping
- ⇒ 2 x 25m Backwards Cycle
- ⇒ 2 x 10 Fire Hydrant
- ⇒ 2 x 10 x Speed Skate Lunge

**Lots more !!! Plan and select what is it that you need to enhance**

### Be Selective

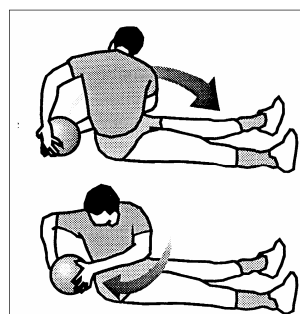
Choose and apply the drills to enhance the skills **YOU** need to develop.

Only  
**PLENTY of PERFECT PRACTICE PRODUCES POSITIVE PROGRESSION**  
and  
**PERFORMANCE PERFECTION**

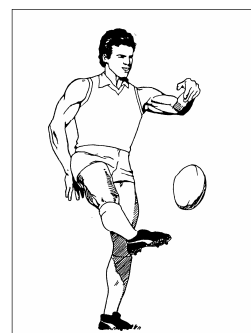
*You are (you become) what you repeatedly do !!*  
**Do nothing ► achieve little**  
**Plan and implement a program ► achieve more**

**Punching Bag**  
*Fast Hands*  
4 x 30 seconds  
*Keep your elbows up*

Explore the benefits of medicine ball activities



© North West Athletics  
1997



**Doing Nothing Is Just Another Way Of Going Backwards**

Russell Parsons, OAM  
ATFCA4, ASCTA (Bronze)  
North West Athletics  
2/72 Hopwood Street  
ECHUCA, 4564  
03-54-801-705 nwa@iinet.net.au  
www.nwaswimaths.com

Files are grouped on the web site  
Resources  
Presentations  
Programs: Athletics, Swimming, General