

HOW TO USE THE POSTER SERIES

This exercise poster series is meant to provide you with a how-to guide for a quick and efficient whole body circuit workout. The posters can be used by individuals or small groups. You will need a room with enough space for a warm-up, 6 stations and a few chairs (at stations 3, 5 and 6).

SET UP:

PUT UP THE POSTERS AT EACH STATION AS FOLLOWS:

Warm-Up

Station 1 → Push Ups, Walk on a Line, Shoulder Check

Station 2 → Hamstring Curls, One Leg Stand, Chest Stretch

Station 3 → One-Armed Bent Row, Calf Raises, Front Thigh Stretch

Station 4 → Side Arm Raises, Knee Raises, Calf Stretch

Station 5 → Squats, Toe Lifts, Hamstring Stretch

Station 6 → Abdominal Chair Crunch, Reach Forward, Hip Stretch

MOVING THROUGH THE CIRCUIT:

- Always start with the warm-up station.
- Once the warm-up is complete, you can proceed to any station.
- The strength and endurance activities should be completed first, followed by balance and finishing with the flexibility posters.

TITLE



BEFORE/AFTER



DESCRIPTION/
MODIFICATIONS (M)

