

Physical Education - Health related exercise: components of fitness

## **How can we train muscular endurance?**

Guy Wnuk



# Create and complete a boxing circuit.

Plan and complete a circuit training session to improve muscular endurance.

- You need to include 6 stations working for 30 seconds each.
- Try to repeat the circuit 3 times.
- Take 1-minute rest between the circuits.

Station	Exercise
1	
2	
3	
4	
5	
6	

