

## Reteaching Activity 10-2

**Directions:** Answer the questions below about circuit training. Then complete the chart.

1. What is circuit training?

\_\_\_\_\_

\_\_\_\_\_

2. Who should use circuit training for their weight-training regimen?

\_\_\_\_\_

\_\_\_\_\_

3. What is another term that is used for circuit training?

\_\_\_\_\_

\_\_\_\_\_

4. How do training facilities with full sets of weight machines often arrange the machines?

\_\_\_\_\_

\_\_\_\_\_

Circuit Training Variations	Description	Advantages and/or Disadvantages	Examples of Muscles Worked
Working Large Muscle Groups First	5.	6.	7.
Alternating Push Exercises with Pull Exercises	8.	9.	10.
Alternating Upper-Body Exercises with Lower-Body Exercises	11.	12.	13.
Weakest Muscles Before Strongest	14.	15.	16.

15<sup>x</sup> +