



## Reteaching Activity 10-2

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

1. What is circuit training?

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

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

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

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\_\_\_\_\_

| 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.                        |

Lesson 10-2

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