

Fitness

Circuit Training: Muscular Endurance



Objective:

To Improve your Muscular Endurance

Definition:

Muscular Endurance:

The ability of a muscle or muscle group to undergo repeated contractions, avoiding fatigue/extreme tiredness.

Challenge:

Choose up to 10 of the exercises to create your own circuit. Put them in any order you would like, then work on them for 30 seconds with a 30 second rest between each one.

For more challenges, fitness related information and to let us know how you did please follow us on Instagram:

[AppletonAcademySports](https://www.instagram.com/AppletonAcademySports)

Gold

3 rounds of 10 exercises

Bronze

1 round of 10 exercises

Silver

2 rounds of 10 exercises

