

2015-16 HKUST Sports Team Fitness Training Workshop Spring Semester
Workshop Description

Workshop 2: Circuit Training Everywhere [16 Mar 2016 (Wed.) 1900-2030]

Circuit training is an effective way to improve aerobic and muscular fitness. It combines both aerobic and resistance training in the same workout, alternating upper and lower body exercises as well as high intensity and low intensity exercises. The training features using simple equipment so that participants can train everywhere.

The workshop is designed for HKUST Sports Team members who wish to know more about circuit training in improving their overall fitness. Participants will understand the key features of designing circuit training with simple equipment, know the correct postures and execution of simple exercises of a circuit training workout.

Both males and females are welcome.

Participants should wear sportswear and non-marking sports shoes.