**Designing a circuit training session**

**Brief –** You are to design a suitable circuit training session for a group of amateur Football/Rugby players. They wish to develop their muscular & cardiovascular endurance in order to perform more effectively in the latter stages of a game. There are 7 players.

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| Layout used |  |
| Number of participants at each station |  |
| Time spent at each station |  |

Two reasons why my circuit is fit for purpose: