

SMARTfit Cognitive Speed Training for Athletes

Functional Circuit Training

Revision 2.1



SMART *fit*

Functional and Brain Fitness Training Games

2016

Unlike other fitness equipment which may require additional insurance, SMARTfit ProTrainer and SMARTfit Trainer have been approved by the Fitness Insurance Industry for use under general liability insurance. Please check with your insurer to confirm insurance laws in your state.

PARTICIPANTS SHOULD CONSULT A DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM.

The content of this workout program is made available with the understanding that SMARTfit Inc. disclaims all responsibility for any injury incurred as a consequence of engaging in this program without first consulting a physician or otherwise qualified health care professional.

Thank You. Enjoy your new SMARTfit system!

SMARTfit Inc.
www.smartfitinc.com

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Chapter 1

Health and Fitness Assessments

Track individual health and fitness metrics while programming workouts for SMARTfit Trainer and ProTrainer to establish baseline values. Instructors can index results based on population norms to show individual progress and the amount of improvement which has taken place. More specific on-line performance tracking will become available on our website.

Assessments included focus on presenting key performance indicators for body composition, cardiovascular capacity, upper body and core endurance, as well as reaction time. Assessments should be performed weekly or bi-monthly to hold participants accountable but more importantly indicators will allow the instructor to adjust fitness program as level of competency progresses.

Name: _____

Date: _____

Birthdate: _____

Height: _____

Weight: _____

	Start	Re-Eval #1	Re-Eval #2	Re-Eval #3
Date				
Weight (lbs)				
Resting Heart Rate (bpm)				
Neck Circumference (in)				
Chest Circumference (in)				
Waist Circumference (in)				
Hip Circumference (in)				
1-Mile Walk Time (mm:ss)				
Push Ups (reps)				
Sit Ups (reps)				
Plank (mm:ss)				

For assessment information, calculations, and population norms please visit

<http://smartfitinc.com/wp-content/uploads/2013/08/SMARTfit-Fitness-Assessment-and-Testing-3.2.pdf>

SMARTfit Cognitive Speed Training Data Collection

Trainer: _____

Name: _____

Date: _____

Drill Description	Notes	Game #	Game Time	Start		Re-Eval #1		Re-Eval #2		Re-Eval #3	
				Score	HR	Score	HR	Score	HR	Score	HR

Notes:

Training Template

The following template will help you to design your own SMARTfit Training Program. Fill in the blanks on this template with activities from different games and exercises. Choose your equipment and time based upon what the objective will be for that training period. The possibilities are endless! Refer to the rest of this manual for examples of how to design lesson plans for your system.

TEMPLATE — DESIGN YOUR OWN CLASS

WARM-UP:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

BRAIN:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

SKILL:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

CORE:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

COOL-DOWN:

Equipment _____ Game _____ Start Line _____ Level _____ Seconds _____

-
-

Chapter 2

Chart Displaying Activated Games

#	RALLYWALL "Zones"
1	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
2	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
3	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
4	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
5	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
6	Rallywall Zones – Top row – 5 points for each hit to the lit targets
7	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
8	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
9	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
10	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
11	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
#	RALLYWALL "Zones" – SMARTfit ProTrainer only (Multi-panel games)
101	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
102	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
103	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
104	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
105	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
106	Rallywall Zones – Top row – 5 points for each hit to the lit targets
107	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
108	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
109	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
110	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
111	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
CHASE THE TARGET - Multi-station systems	
	Note Games 201 – 207 are for multi-station systems and operate as a single game with 1 score. Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
201	Chase the Station – (all targets) chase the lit area across each station
202	Chase the Station – (upper 3 rows) chase the lit area across each station
203	Chase the Station – (lower 4 rows) chase the lit area across each station
204	Chase the Station – (top row) chase the lit area across each station
205	Chase the Station – (bottom row) chase the lit area across each station
206	Chase the Station – (lower 2 rows) chase the lit area across each station
207	Chase the Station – (center target only) chase the lit area across each station
CHASE THE TARGET	
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
216	Chase the Single Target – (middle 3 rows) chase the lit target
217	Chase the Single Target – (middle 3 rows) chase the lit target as it goes from A to Z
218	Chase the Single Target – (middle 3 rows) chase the lit target as it counts from 0 to 19
219	Chase the Single Target – (all targets) chase the lit target
220	Chase the Single Target – (top row) chase the lit target
221	Chase the Single Target – (bottom row) chase the lit target
222	Chase the Single Target – (lower 2 rows) chase the lit target

223	Chase the Single Target – (lower 4 rows) chase the lit target
224	Chase the Single Target – (upper 3 rows) chase the lit target
225	Chase the Single Number – (all targets) chase the lit target as it counts from 0 to 19
226	Chase the Single Number – (lower 4 rows) chase the lit target as it counts from 0 to 19
227	Chase the Single Number, by 2 – (all rows) chase the lit target as it counts by 2's
228	Chase the Single Number, by 3 – (all rows) chase the lit target as it counts by 3's
229	Chase the Single Letter – (all rows) chase the lit target as it goes from A to Z
230	Chase the Single Letter – (lower 4 rows) chase the lit target as it goes from A to Z
231	Chase the Single Letter – (upper 3 rows) chase the lit target as it goes from A to Z
232	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L will be on right side and R will be on Left side so player is to cross arms to play.
233	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L, R and B will light up randomly around the wall.
CHASE THE TARGET – SMARTfit™ ProTrainer only (Multi-panel Games)	
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
301	Chase the Panel – (all targets) chase the lit area across each panel.
302	Chase the Panel – (upper 3 rows) chase the lit area across each panel.
303	Chase the Panel – (lower 4 rows) chase the lit area across each panel.
304	Chase the Panel – (top row) chase the lit area across each panel.
305	Chase the Panel – (bottom row) chase the lit area across each panel.
306	Chase the Panel – (lower 2 rows) chase the lit area across each panel.
307	Chase the Panel – (center target only) chase the lit area across each panel.
LIGHTS OUT	
600	Lights Out – Race - (all targets) – Knock out all lights, 1 st player to complete ends game.
601	Lights Out – Race - (lower 4 rows) – Knock out all the lights, 1 st player to complete ends game
602	Lights Out – Race - (all targets) – Knock out all the lights, game ends when all stations are done.
603	Lights Out – Race - (lower 4 rows) – Knock out all the lights, game ends when all stations are done.
604	Lights Out – Race - (upper 3 rows) – Knock out all the lights, game ends when all stations are done.
605	Lights Out Keep 3 On – Timed Game (all targets) – Knock out all the lights and then continue to chase 3 targets.
606	Lights Out Keep 3 On – Timed Game (lower 4 rows) – Knock out the targets then continue to chase 3 targets.
607	Lights Out Keep 3 On – Timed Game (upper 3 rows) – Knock out the targets then continue to chase 3 targets.
608	Track the Number - Race – (all targets) – Track the correct number 0 to 19 and back to 0
609	Track the Number - Race – (lower 4 row) – Track the correct number 0 to 19 and back to 0
610	Track the Number - Race – (all targets) – Track the correct number 19 to 0
611	Track the Number – Timed Game (lower 4 rows) – Track the correct number 0 to 19 and back to 0.
612	Track the Number – Timed Game (all targets) – Track the correct number 0 to 19 and back to 0.
613	Track the Number, X 2 – Timed Game (all targets) – Track the correct number counting by 2's.
614	Track the Number, X 3 – Timed Game (all targets) – Track the correct number counting by 3's.
618	Track the Letter – Timed Game (all targets) – Track the alphabet, A to Z and back.
619	Track the Letter – Timed Game (lower 4 rows) – Track the alphabet, A to Z and back.
620	Track the Letter - Timed Game (middle 3 rows) - Track the alphabet, A to Z and back.
621	Track the Color – Timed Game (all targets) – Track the color on center target at start.
622	Track the Color – Timed Game (lower 4 rows) – Track the color on center target at start.
623	Track the Color – Timed Game (middle 3 rows) – Track the color on center target at start.
624	Track the Smiley Face – Timed Game (all targets) – Track the smiley face until time runs out.
625	Track the Smiley Face – Timed Game (lower 4 rows) – Track the smiley face until time runs out.
626	Track the Smiley Face – Timed Game (middle 3 rows) – Track the smiley face until time runs out.

LIGHTS OUT - SMARTfit™ ProTrainer only (Multi-panel Games)	
700	Lights Out – Race - (all targets) – Knock out all lights on system in the shortest amount of time.
701	Lights Out – Race – (lower 4 rows) – Knock out all the lights on the system in the shortest amount of time.
702	Lights Out – Race – (upper 3 rows) – Knock out all the lights on the system in the shortest amount of time.
703	Lights Out – Race – (lower 2 rows) – Knock out all the lights on the system in the shortest amount of time.
PAIRING, MEMORY AND SEQUENCING – Find the pairs or sequence	
800	Pairing - Color (timed game) Find color pairs in the time set. System refresh each time.
802	Pairing - Numbers (timed) - Find number pairs in the time set. System refresh each time
805	Pairing - ABC (timed) - Find Alpha pairs in the time set. System refresh each time
808	Pairing - Shapes (timed) - Find shape pairs in the time set. System refresh each time
810	Pairing - Dice (timed) – Find dice pairs in the time set. System refresh each time
812	Pairing - Symbols (timed) - Find symbol pairs in the time set. System refresh each time
814	Pairing – Pictures (timed) - Find picture pairs in the time set. System refresh each time

Chapter 3

Warm Up and Cool Down Functional Circuits

Circuit #1

Chase the Target – Single Leg RDL

Equipment: None **Game #:** 222 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins movement by standing on one leg and flexing their hips until torso is parallel to the ground. The player stabilizes hip with same side that the target is lit and uses opposite hand to strike target.
- *Active Rest Exercise:* Alternating spider lunges.

Chase the Target – Take a Knee

Equipment: BOSU Ball **Game #:** 222 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins by kneeling on the round top of a BOSU 2 feet from Trainer. After starting the game, use hip and core stabilizers engaged while reaching to strike active targets
- *Active Rest Exercise:* Inchworms.

Circuit #2

Knock the Lights Out – Chest Pass

Equipment: Medicine Ball **Game #:** 618 **Start Line:** 8' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player stands at 6 foot line with medicine ball held hands and in athletic position. Player throw medicine ball at letter specific active target using chest passing form.
- *Active Rest Exercise:* Reverse lunge with hurdle step.

Knock the Lights Out – Carioca Keywords

Equipment: Cones **Game #:** 618 **Start Line:** 20' **Level:** 3 **Time:** 45 seconds

- *Organization:* First player starts 20 feet away from trainer. When instructed he or she quickly laterally cross steps to trainer, knocks out 3 letters and says a correlating words with using those letters (A – apples), pivots 180 degrees and cross steps back to the start line.
- *Active Rest Exercise:* Scorpion touch to dead man

Circuit #3

Chase the Target – Alternating Reverse Lunge

Equipment: Medicine Ball **Game #:** 220 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins standing 2 feet in front of the Trainer with med ball held in both hands at chest level. When instructed, player must perform a reverse lunge while rotating the medicine ball to the same side as the front knee, and then striking one target before alternating to opposite side.
- *Active Rest Exercise:* PVC twist and overhead squat

Chase the Target – SMART Sit Ups

Equipment: Medicine Ball **Game #:** 220 **Start Line:** 6' **Level:** 1 **Time:** 60 seconds

- *Organization:* Player sits on the floor in a sit-up position with knees bent and medicine ball gripped in both hands. Player leans back with ball over head until shoulder blades touch the floor, then brings body back up while launching the ball at the station aiming for upper 5 targets.
- *Active Rest Exercise:* Alternating side lunges.

Circuit #4

Rally Wall - SMART Push Plank

Equipment: None **Game #:** 6 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins in push-up position 2' in front of Trainer. The lower 2 targets will randomly activate, and player must strike target as quickly as possible while maintaining push plank form.
- *Active Rest Exercise-* Front lunge with twist

Rally Wall – Lateral Lunges

Equipment: Medicine Ball **Game #:** 6 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins by standing 2' in front of Trainer. When instructed, the player should lunge laterally to the same side as the active target using the medicine ball to strike the active target.
- *Active Rest Exercise-* Resistance band row

Circuit #5

Chase the Target – BOSU Pause Squats

Equipment: BOSU **Game #:** 230 **Start Line:** 2' **Level:** 3 **Time:** 30 seconds

- *Organization:* Player begins standing on flat top of a BOSU in athletic position 2 feet from Trainer. After starting the game, the player must perform a squat and wait until the target turns red before striking the target. After striking the target the player must say a correlating word that starts with that letter (a- apple)
- *Active Rest Exercise:* Dead bug

Chase the Target – Lower Body Foundation

Equipment: None **Game #:** 230 **Start Line:** 2' **Level:** 3 **Time:** 30 seconds

- *Organization* Player stands at 4' mark centered in front of the training station. Each target of the lower 5 active targets in this game will correspond with a lower body exercise. Center target = body squat, mid-level targets = side lunge and reach, lower targets = single leg Romanian dead lifts. Player will strike target while performing corresponding exercise.
- *Active Rest Exercise:* Squat jumps

Chapter 4

Low Intensity Functional Circuits

Circuit #1

Chase the Target – Ambidextrous Squats

Equipment: BOSU **Game #:** 231 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins standing on flat top of a BOSU in athletic position 2 feet from Trainer. After starting the game, the player must perform a squat and strike a target every repetition. He or she should use left hand to hit “L” targets, right hand to hit “R” targets, and both hands to hit “B” targets.
- *Active Rest Exercise:* Contra-lateral step ups

Chase the Target – Ambidextrous Pass

Equipment: Medicine Ball **Game #:** 231 **Start Line:** 10' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins standing in athletic position 10 feet from Trainer. After starting the game, the player must pass the medicine ball at the Trainer with the same hand the target reads. He or she should use left hand to hit “L” targets, right hand to hit “R” targets, and both hands to hit “B” targets.
- *Active Rest Exercise:* Wall sits

Circuit #2

Rally Wall – Shotput

Equipment: Medicine Ball **Game #:** 7 **Start Line:** 8' **Level:** 1 **Time:** 45 seconds

- *Organization:* First player stands perpendicular to the Trainer at 8' line with ball in both hands and front foot forward. When instructed the player uses outside foot, knee, hip, shoulder, and arm to pivot and throw ball at top targets. Player should catch ball without a bounce, absorbing forces, and recoiling to start position.
- *Active Rest Exercise-* Lateral lunge with medicine ball punch

Rally Wall – Squat to High Touch

Equipment: None **Game #:** 7 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player stands 2 feet in front on Trainer in athletic position. When instructed, the player begins by completing a body weight squat then extending upwards to strike a target with the opposite hand.
- *Active Rest Exercise-* Walkouts to PVC overhead Squat

Circuit #3

Chase the Target – Plank Ups

Equipment: None **Game #:** 221 **Start Line:** 2' **Level:** 2 **Time:** 30 seconds

- *Organization:* Player begins in a plank position 2' in front of Trainer. When instructed, the player walks up on to hands from elbows, strikes two active targets with each hand, and returns to a plank position. The player will repeat until time expires.

- *Active Rest Exercise*- Windmill touches

Chase the Target – Crossover Crunches

Equipment: None **Game #:** 221 **Start Line:** 1' **Level:** 2 **Time:** 30 seconds

- *Organization:* Player begins laying on back with legs straight facing the Trainer. Instruct player to begin exercise by performing a sit up and touching both targets with the both hands.
- *Active Rest Exercise:* PVC overhead squat

Circuit #4

Knock Smiley Out – Kneeling Core Pass

Equipment: Medicine Ball **Game #:** 612 **Start Line:** 8' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins kneeling on the ground 8 feet away from Training station. When instructed, the player should stabilize core and hips while chest passing a medicine ball at active smiley face.
- *Active Rest Exercise:* Squat Jumps

Knock Smiley Out – Visual Tracking

Equipment: Agility Ladder **Game #:** 612 **Start Line:** 20' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins by standing in front of agility ladder approximately 20 feet away from Trainer. When instructed, the player maneuvers through the ladder using the Ali shuffle, knocks out 5 smiley faces, and back pedals to the start.
- *Active Rest Exercise:* Plank

Chapter 5

Moderate Intensity Functional Circuits

Circuit #1

Chase the Target - SMART Push Ups

Equipment: None **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins in push-up position 2' in front of Trainer. After the first target is hit to start the game, instruct the player to perform a push up then strike the lit target with opposite hand and repeat.
- *Active Rest Exercise:* Overhead squat

Chase the Target – Lateral Lunges

Equipment: Medicine Ball **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 2' in front of Trainer. When instructed, player will ski (plyometric side lunge and reach with opposite arm) to touch the lower target for points. Player should alternate sides and move as quickly as possible for maximum points.
- *Active Rest Exercise-* Push Press

Circuit #2

Chase the Target – Quick Pass

Equipment: Medicine Ball **Game #:** 228 **Start Line:** 8' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 8 feet in front of Trainer with medicine ball held in both hands at chest level. When instructed, the player begins by passing the medicine ball with both hands at active targets as fast as possible.
- *Active Rest Exercise:* Jump rope

Chase the Target – SMART Addition

Equipment: None **Game #:** 228 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 2 feet in front of Trainer in athletic position. When instructed, the player strikes out active targets while adding numbers together yelling out the sum at each hit (0 +3 = "3", 6 +9 = "12", 12 +15 = "27")
- *Active Rest Exercise:* Plank

Circuit #3

Rally Wall – Push Press

Equipment: Dumbbells **Game #:** 7 **Start Line:** 2' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player stands 2 feet in front of Trainer in athletic position. When instructed, the player begins by completing a ¼ squat and then extending upwards to strike a targets with both hands.
- *Active Rest Exercise-* Windshield wipers

Chase the Target – Overhead Pass

Equipment: Medicine Ball **Game #:** 7 **Start Line:** 8' **Level:** 1 **Time:** 30 seconds

- *Organization:* First player stands at 8 feet line in front of the Trainer with ball in both hands. When instructed, the player uses only an overhead pass to hit top targets, and should alternate every repetition.
- *Active Rest Exercise:* Kettle bell single leg Romanian deadlifts

Circuit #4

Chase the Target – Skiers

Equipment: None **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 2' in front of Trainer. When instructed, the player should lunge laterally to the same side as the active target using the medicine ball to hit the light out.
- *Active Rest Exercise-* Overhead medicine ball slam

Chase the Target – Stability Ball Plank Touches

Equipment: Stability Ball **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins in a plank position 2' in front of Trainer with toes on the stability ball and palms on the floor. When instructed, the player stabilizes with hips, core, back, and shoulder while striking active target with one hand. The player will alternate and repeat until time expires.
- *Active Rest Exercise-* Overhead medicine ball front lunge

Circuit #5

Chase the Target – Hands In

Equipment: Agility Ladder **Game #:** 220 **Start Line:** 15' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins in pushup position at the start of the agility ladder with both hands outside the first box. He or she will place each hand inside the first box and back out as quickly as possible. Player shuffles feet as they progress to the station, where they will strike 5 targets above the line and “icky shuffle” back to the start line through the agility ladder.
- *Active Rest Exercise:* Kettle bell swing

Chase the Target – Lateral Scissor

Equipment: Agility Ladder **Game #:** 220 **Start Line:** 15' **Level:** 1 **Time:** 30 seconds

- *Organization:* Player begins in athletic position at the start of the agility ladder, with one foot in the first box. When instructed, the player will scissor feet back and forth while moving laterally down the agility ladder. Once at Trainer, the player will strike 5 active targets and then scissor back to the start line.
- *Active Rest Exercise:* Plank ups

Chapter 6

High Intensity Functional Circuits

Circuit #1:

Knock the Lights Out - SMART Sprints

Equipment: None **Game #:** 602 **Start Line:** 20' **Level:** 1 **Time:** N/A

- *Organization:* Begin with player at 20' mark in front of Trainer. When ready, player sprints to the trainer, knocks one light out, sprints back to the 20' line repeating until all 7 lights are knocked out as fast as possible.
- *Active Rest Exercise:* BOSU knee tuck

Knock the Lights Out – Burpee to Chest Pass

Equipment: Medicine Ball **Game #:** 602 **Start Line:** 6' **Level:** 1 **Time:** N/A

- *Organization:* Player stands at 6' line with medicine ball held in athletic position. Player must perform one burpee before throwing medicine ball at target using chest passing form.
- *Active Rest Exercise:* Kettle Bell Swing.

Circuit #2

Chase the Target – Crossover Crunches

Equipment: None **Game #:** 221 **Start Line:** 1' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins laying on back with legs straight facing the Trainer. Instruct player to begin exercise by performing a sit up and touching each target with the opposite hand.
- *Active Rest Exercise:* Overhead squat

Chase the Target - SMART Push Ups

Equipment: None **Game #:** 221 **Start Line:** 2' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins in push-up position 2' in front of Trainer. After the first target is hit to start the game, instruct the player to perform a push up then strike the lit target with opposite hand.
- *Active Rest Exercise:* Side planks

Circuit #3

Rally Wall – Spider Crawl to Burpee

Equipment: BOSU, Medicine Ball **Game #:** 7 **Start Line:** 20' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins on the 20ft line and spider crawls to the Trainer. Once at the Trainer, player performs a burpee and strikes both targets before returning to starting position.
- *Active Rest Exercise:* Alternating reverse lunges

Rally Wall – SMART Sit Ups

Equipment: BOSU, Medicine Ball **Game #:** 7 **Start Line:** 6' **Level:** 1 **Time:** 45 seconds

- *Organization:* First player sits on the round top of a BOSU in a sit-up position with knees bent and medicine ball gripped in both hands. Player leans back with ball over head until shoulder blades touch the floor, then brings body back up while launching the ball at the station aiming for upper 5 targets.
- *Active Rest Exercise:* Plank ups

Circuit #4

Knock the Color Out – High Knees to Back Pedal

Equipment: Agility Ladder **Game #:** 608 **Start Line:** 20' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 20 feet in front of Trainer in athletic position. When instructed, the player begins by performing high knees through an agility ladder, strikes three colored targets, and back pedals to the start line.
- *Active Rest Exercise:* Goblet squat

Knock the Color Out – Chest Pass

Equipment: None **Game #:** 608 **Start Line:** 10' **Level:** 1 **Time:** 45 seconds

- *Organization:* Player begins by standing 10 feet in front of Trainer in with med ball held in both hands at chest level. When instructed, the player begins chest passing the medicine ball at active targets with matching color.
- *Active Rest Exercise:* Plyo lunges

Circuit #5

Knock the Lights Out – Assisted Band Acceleration/ Deceleration

Equipment: Power band **Game #:** 606 **Start Line:** 8' **Level:** 3 **Time:** 45 seconds

- *Organization:* Player begins by standing 8 feet in front of Trainer with a power band around his or her waist and anchored behind them. Instruct player to focus on accelerating, striking a target, and decelerating back to their starting position.
- *Active Rest Exercise:* Dumbbell deadlift

Knock the Lights Out - Beanbag Suicides

Equipment: Beanbags **Game #:** 606 **Start Line:** 30' **Level:** 3 **Time:** 45 seconds

- *Organization:* All players start at 30' line. First player throws beanbag at lit target, sprints up to retrieve beanbag and returns to 25' line. Player throws beanbag at lit target, sprints up to retrieve beanbag and returns to 15' line. Player throws beanbag at lit target, sprints up to retrieve beanbag and returns to 5' line. Player throws beanbag active target, sprints up to retrieve beanbag and returns to start line handing beanbag to next player in line.
- *Active Rest Exercise:* Battle ropes