DegreePlus

Circuit training.

A student’s daily life involves numerous hours sitting at a desk, hunched over a book or keyboard. Small wonder that many end up with chronic back or neck pain. A regular routine of stretching and exercises can help to prevent these problems. This routine also helps improve body composition, muscular strength and circulation.

This 10 week course will give help you get started on this routine. Learn the proper technique for the various exercises and get stronger slowly and sensibly. The course involves 10 2hour sessions that only utilize bodyweight without any need of sophisticated equipment to attain a nicer, fitter physique.

Equipment required: a good pair of running or cross-training shoes, comfortable clothes, a large towel and a skipping rope.