

# Using Music for Circuit Training

## Overview

Incorporating music into your circuit training programs will add an extra level of enjoyment for students. Music can be used for any circuit or stage training program to dictate the number of repetitions that students should perform (e.g., 50 seconds of music is roughly equal to 25 repetitions). Cueing the music to stop at the end of each period of activity can help you and your students manage transitions between stations. This can be done by standing beside a music player and lowering the volume at the end of each timed segment, or by making your own CD or playlist on your MP3 player.

## Materials Needed

- Selection of Functional Fitness Charts
- Music player and selection of songs

## Preparation

- When recording a music file for class use, consult your school and/or board policy on using pre-recorded and copyrighted music.
- Ensure that the music you've chosen does not contain offensive or demeaning lyrics.

## Suggested Approach

When incorporating music into your circuits:

- Include 10 minutes of warm-up music and 5 minutes of cool-down music
- Match the number of stations to the number of songs, including the warm-up and cool-down songs. If you have 10 stations, you will need 12 songs (1 song per station, plus warm-up and cool-down songs).
- Ensure that songs are the right length to allow students to perform the required number of repetitions, for example:
  - a tempo of 1-0-1 for 15 reps = 30-second song clip
  - a tempo of 2-0-2 for 10 reps = 40-second song clip
- Ensure pauses between songs for rest periods that are suitable for your students' fitness level, for example:
  - beginners: 40 to 45 seconds
  - intermediate: 35 to 40 seconds
  - advanced: 20 to 30 seconds
- Ensure that the music is loud enough to be clearly heard throughout the gymnasium.

## How It Works

Students go to their first station. They perform the activity as the music plays. The music fades to silence as the time allotted for the activity comes to an end. When the music stops completely, students rotate to the next station. When the music begins again, they perform the exercise at the new station. Students will continue in this manner until the circuit is complete.