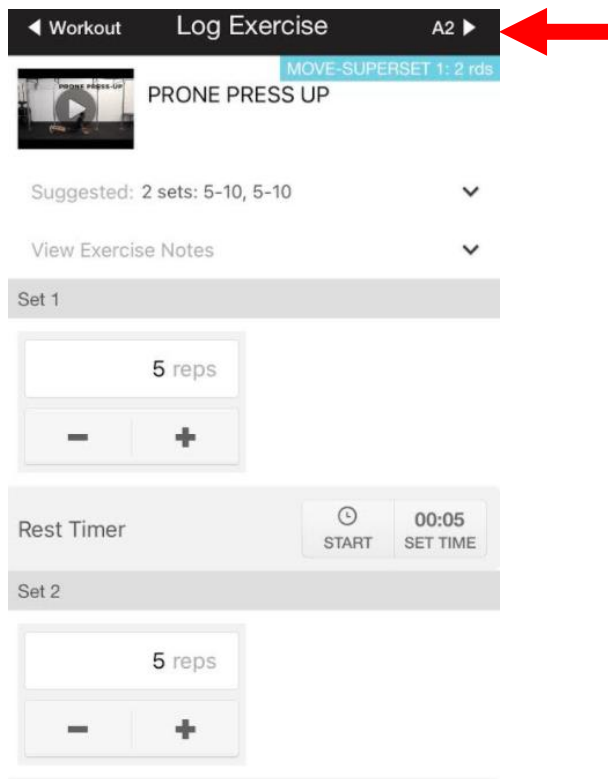# How to Perform Circuits

A circuit is a group of exercises that you need to do in a certain number of rounds. If the circuit has two rounds than you will want to complete all the exercises for round 1 of circuit 1 than do those exercises again for the second round. Once circuit 1 is complete move to the next circuit.

The App will automatically take you thru the exercises in the Circuit by clicking on the arrow ▶

Click <u>HERE</u> to follow along.