



Sample Group Circuit Workouts

Squash circuit training is a great way to develop skills and increase fitness levels. Circuit training involves setting up a number of stations, each comprising a different activity. Players move through the different stations so a good range of activities are completed.



Set up some stations on the court. Each station should be done for 60 seconds, then rotate. Continue for 20 minutes. This can be increased to 2 minutes as proficiency and fitness levels rise.

Station	Circuit 1	Circuit 2	Circuit 3	Circuit 4
1	Drives down the backhand side wall.	Volleys – position the station in front of the service line on the left-hand side of the court. Alternate forehand and backhand volleys.	Sprints up and down the left-hand side wall.	Skipping.
2	Sprints up and down the forehand wall.	Star jumps.	Hovers or planks.	Rest.
3	Rest.	Sprints along the back wall.	Straight drives – set up the station in the back right-hand corner.	Wall sit.
4	Bouncing a squash ball on the racket.	Drop shots – position the station in the front right-hand corner. Play shots tight to the side wall.	Rest.	Jogging on the spot.
5	Skipping.	Rest.	Push-ups.	Push-ups.