

CIRCUIT EXERCISE WORKOUT

"MAXIMUM RESULTS IN MINIMUM TIME"

Circuit training is an excellent way to simultaneously improve mobility, strength and endurance.

BENEFITS OF CIRCUIT TRAINING:

- Work at your own pace.
- Circuit Training concentrates on compound exercises (using more than one muscle group at a time). These combined exercises are generally more effective than spending too much time on one exercise for one muscle group.
- Circuit Training is an excellent fat burner.
- You can set your own goals.
- Circuit Training is flexible. You can complete a circuit in a minimum time of 10 mins or you can perform 4 circuits within an hour.

THE CIRCUIT FORMAT:

- The Circuit Training format utilises a group of 6-10 exercises that are completed one after another.
- Each exercise is performed for a specified time period before moving onto the next exercise station.
- The exercise within each circuit are separated by brief, timed rest intervals, and each circuit is separated by a rest period.
- The total number of circuits performed during a training session may vary from 1 to 6 depending on your training level.
- A circuit is set up that you work each body part.

DURATION:

- Beginner – 20-30sec work period on each exercise station. 20-30 sec recovery period between each exercise station.
- Advanced – 45-60 sec work period on each exercise station. 10-15 sec recovery period between each exercise station.
- 3-5 circuits with intermission group exercises (see back page).



CIRCUIT ONE:

Exercise Stations:

- Exercise
- Body Part Worked
- Exercise Description



1

Lunges

Legs and buttocks

Stand tall with the feet parallel and hip width apart. Take a large step forward so that the front shin is vertical to the floor. Pause and lower the body steadily while keeping the torso upright and the shin vertical. As the knee almost touches the ground, push the heel of the front leg into the ground and spring back to standing. Make sure that whilst you are in the bent knee position that the front knee is in alignment with the toes. Head should be upright and facing forwards.

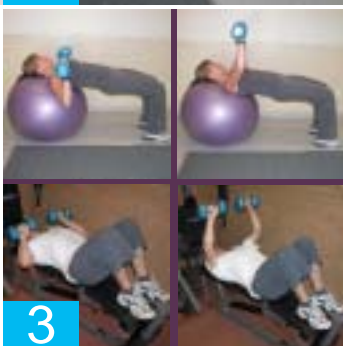


2

FB Back Extensions

Lower back

Roll over the ball so it is placed under the hips. Both feet remain on the floor for support. Place your hands either on the sides of the ball or behind your head. Chin must be tucked into the chest. Slowly raise your chest off the ball. Keep your elbows out to the side of the head. Lower your chest slowly to starting position.

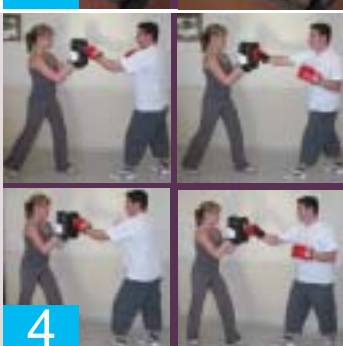


3

FB / Bench Chest Press

Chest, arms

Lying on a bench or a multi-station bench, bend the knees and place the feet flat on the bench. Pull your shoulder blades together and down and grip the dumbbells or bar. Position the dumbbell or bar at arm's length over the upper abdominals. Keep the wrists straight and set a slight bend in the elbows. Lower the bar/dumbbells directly down until it almost touches the upper portion of the abdominals. Pause, then push the bar/dumbbells back vertically to starting position. It is important to never lock the elbows straight.



4

Boxing (with a partner) Focus Mitts and Boxing Gloves

Upper body, abdominals

Left Jabs:
Start lightly on the balls of your feet. Keep your left foot forward at all times. Move your weight onto your left foot as you extend your left arm for the jab movement. Aim for your own chin height and stay centered. Keep your fist closed with the thumb closed over the fist. Perform fast or slow jabs then repeat on the right side.



5

RB / Leg Raises (Abductions)

Legs, hips

Place a resistance band around both ankles and stand side on to a wall for support. Keep the torso upright and hold the wall for balance. Raise one of the strapped legs out to the side of the body, whilst maintaining a straight body alignment. Tighten your buttock muscles and keep a slight knee bend in the standing leg. Also keep a slight knee bend in the working leg throughout the entire range of movement. Hold for a two second count, then return to the starting position, without placing the foot on the floor between repetitions. Repeat for the set number of repetitions and alternate legs.



6

Side Bridges / Oblique Bracing

Obliques, Abdominals

Lie on your side and position your elbow under the shoulder. Place the other arm on the side of the torso. Keeping the abdominals braced and maintaining constant breathing, lift the hips off the floor so that the torso creates a straight line with the legs and head. The head should be facing forwards. (Hold for 10 sec and repeat as many times possible)



7

Push ups

Upper back, shoulders, arms

Lie face down with the hands positioned slightly more than shoulder width apart. This can be performed from the knees for intermediate or on the toes for advanced exercisers. Push your body away from the floor, keeping feet or knees in contact with the floor. Bend your arms so that the chest almost touches the ground and then push to straighten the arms, but do not lock the elbows. The body should be kept in a straight line and the abdominals tight.



8

FB / Bench Dips

Back of the arms

Sit on either the fitball or bench. Place your hands on the ball / bench beside your hips. Fingers must point forwards. Step forward with both feet. Feet should be shoulder width apart. Take your bottom off the bench / ball and keep your back straight. Keep your hips directly under your shoulders. Bend your elbows, lowering your body downwards.

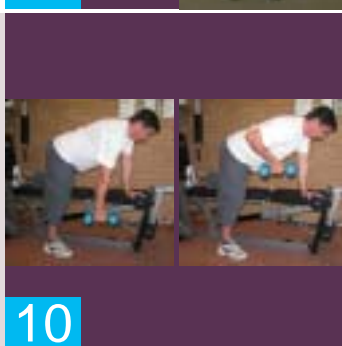


9

Shoulder Press

Shoulders

This exercise can be performed with dumbbells. The key points to remember are the maintenance of a straight back and head looking forward position. Push the weight up overhead, keeping elbows in a slight bend, then lower the weight under control, before repeating.

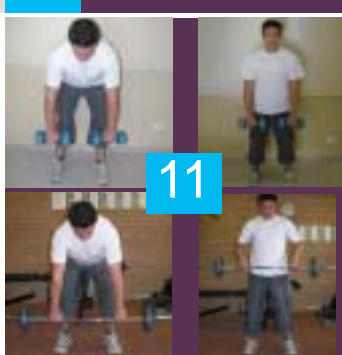


10

One Arm Rows

Upper back, back of arms

Hold a dumbbell in your right hand, palm facing your body. Bend forward from the hips, placing your left hand on the bench to stabilise yourself. Your back should almost be horizontal to the bench and your right arm fully extended. Pull the dumbbell up towards your waist, drawing your elbow back as far as it can go, without rotating the hips or back. Keep the dumbbell in close to your side. Pause for a count of two seconds, then slowly lower the dumbbell until extended. Alternate arms after you have completed your set number of repetitions.



11

Dumbbell Romanian Deadlifts

Buttocks, back of legs

Hold a dumbbell in each hand, or a small barbell. Stand tall with the knees slightly bent and the feet hip width apart and parallel, with the weight on the heels. Push the buttocks back and bow forward from the hips. Keep the chest up to maintain the spine in its neutral curvature. Let the dumbbells/ barbell stay in contact with the thighs as you descend and do not allow the knees to bend or the spine to round. Pause in the lowest position before the spine begins to round or the knees bend. Squeeze your buttocks, maintain the weight on your heels, and return to the starting position.

CIRCUIT TWO:

Exercise Stations:

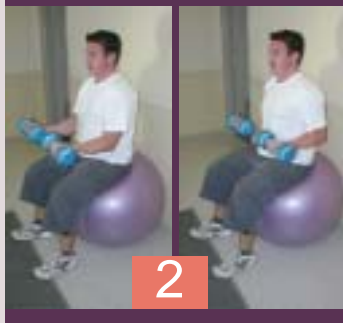
- Exercise
- Body Part Worked
- Exercise Description



Calf Raises on a step

Back of the lower legs

Stand on the edge of a step with just the front foot on the step. Take your weight on the ball of one foot by lifting the opposite foot off the ground slightly. Raise the heel of the foot that is taking the weight as high as it is comfortable, then return to level position, lower this heel until you can feel a stretch in your calf muscles, then return to level position.



FB Seated Row / Bench

Upper back, shoulders, arms

Sit tall on a bench or fitball. Weights in each hand, grip the hand weights either by an undergrip or palms facing each other. Elbows tucked into the sides of the body, and bent close to 90 degrees. Draw your shoulder blades back and downwards. Reach forward and pull backwards to starting position. Only reach as far as your knees. Only come back as far as your hips.



FB / Bench Flyes

Chest, upper body, arms

Roll out onto the ball or lying on the bench with both head and neck supported. Knees should be at 90 degree angles with feet shoulder width apart. Hold hand weights in each hand with palms facing each other. Lower your arms out to the sides of the body, keeping elbows slightly bent. Then raise the weights back to starting position.



Bicep Curls

Front of the arms

Using an undergrip grip on the dumbbells, keep your hands shoulder width apart. Knees should be slightly bent with feet shoulder width apart. Dumbbells should be held in front of the chest with arms at right angles. Curl the dumbbells up towards your chest, keeping the elbows into your sides, Do not swing the dumbbells upward. Control the dumbbells on its downward path.



Reverse Lunges

Legs, buttocks

Rest the foot on a low bench and step out with the other until you have a wide enough stance that the front shin is vertical to the floor. Keep the torso upright. Keep the weight of your body on the heel of the front leg and lower your body by bending the front leg. The torso should remain upright with a slight forward lean. Pause when the front thigh is below parallel to the ground. As you are in the bent leg position, make sure the knee is in alignment with the front toes. Head should be upright and facing forwards. Return to the starting position.



6

Lateral Arm Raises

Shoulders, arms, upper body

Stand tall and clasp a light hand weight in each hand. Arms stretched down by your sides. Raise the dumbbells to shoulder level simultaneously, whilst maintaining a slight bend at the elbow joint. Lower the dumbbells under control and repeat. Don't swing the dumbbells upward, nor let your arms fall downward – control the movements.



7

Tricep Pushbacks

Back of the arms

The aim of this exercise is to make sure only your forearm moves and not the upper arm or elbow, (which should be kept close to your sides). Using a bench, kneel on your left knee and place the left hand forward on the bench for support. With the hand weight in the right hand, position your upper arm and elbow against the side of your body, and let your lower arm and head hang down at 90 degree angle. Keeping the wrist straight, lift the weight back until parallel to the floor, then slowly return the weight to the starting position.

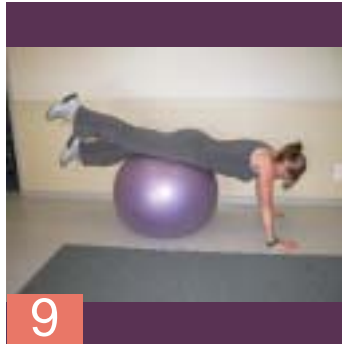


8

FB Hamstring Rolls

Back of the upper legs

Lie on the floor. Arms rested by your sides. Heels on top of the ball. Raise your hips and bottom off the floor. Bend your knees and roll the ball in towards your buttocks. Still keeping the hips off the floor, roll the ball back to starting position. Lower hips back to floor.



9

FB Fishkicks

Legs

Lie over the ball on your stomach, keep rolling over the ball until it is placed under your hips. Keep both hands on the floor. Keeping legs straight, alternate legs in a kicking movement. Keep your neck in alignment with your spine.



10

Chinnies

Abdominals, Obliques

Lie on your back on the floor, place your hands by your head. Bring the right knee in toward your left shoulder, whilst twisting at the trunk. Push the knee away and lower your trunk, before repeating the move on the other side.



11

Alternating Arm/Leg Raises

Upper, Middle and Lower back

On a floor mat, position yourself on all fours (on your hands and knees) with your back horizontal to the floor. Focus your eyes on the mat to keep the neck in alignment. Make sure to brace your abdominal region to prevent the back from arching. While keeping your head, neck and back in a straight line, slowly raise one arm and the opposite leg off the ground, so that the elevated limbs are in line with your torso. Hold for a two second count, then lower your limbs to the floor again. Repeat using the opposite limbs.

CIRCUIT TRAINING SAFETY TIPS:

- Using heavy weights in Circuit Training can be dangerous. Begin with light weights and progress.
- Follow correct technique at all times.
- Maintain good posture – unlock your knees, keep feet shoulder width apart, head up, chin in.
- Always remember to breathe out on exertion – never hold your breathe.
- On all arm exercises keep shoulders down and rotated back.
- On all exercises tighten stomach muscles and squeeze buttocks.
- Control the weights throughout the entire range of movement.
- Don't let the weights fall on the ground or crash onto other equipment.
- Some exercises are not suitable for children under 15 years of age. Children should always use light weights.
- Progress slowly.
- Allow one day of rest / recovery between sessions.
- Always wear appropriate exercise clothing and footwear.
- Ensure hydration at all times.
- Monitor heart rates regularly.

HEALTH SAFETY WARNING:

It is recommended that you do not commence exercise training if showing signs and symptoms of illness, de-hydration or injury. If you are showing signs and symptoms of any condition, please seek medical advise before starting your training program. Your Doctor may then advise you how to proceed with your exercise program.

CIRCUIT TRAINING TERMS TO KNOW:

- Dumbbells – small hand held weights.
- Barbells – a long bar to which flat weight plates are attached using collars.
- Weight – how heavy the dumbbell, barbell is that you are required to lift
- Repetitions – the number of times you are requested to complete the exercise.
- Sets – When you have completed the requested number of repetitions eg. 10-15 reps = 1 set.
- Program – The order or style in which you complete your routine eg. 3 x 10 @ 5kg....means 3 sets of 10 reps using 5 kg weights.
- FB – Fitball
- RB – Resistance Band
- HR – Heart rate

INTERMISSION EXERCISES:

- Skipping
- Star jumps
- Boxing
- Monkey grip
- Pitta patta
- High knees
- Kick backs
- Prone bracing
- Side steps
- Prone bracing
- Oblique bracing
- Prone opposite arm/leg raises
- Step ups
- Push ups
- Dips

WARM UP EXERCISES:

5-10 mins to increase blood flow to working muscles, increase heart rate, flexibility.

- Easy jogging on the spot
- Cycling
- Rowing
- Star jumps
- Boxing – quick jabs, upper cuts
- Step ups
- Rebounder - jogging

COOL DOWN:

5 mins to decrease heart rate, recovery from lactic acid waste products, flexibility

- Easy jog
- Stretches