



Circuit Training 101: Get into the Circuit!

Type of Exercise:
General Fitness

Level: Easy - Moderate

Equipment Needed: Good Shoes, a Watch, a Gym

Welcome to circuit training. If you are busy, always on the go, and have little time, circuit training is perfect for you! Circuit training is very structured but still builds in a lot of variety. This makes for a highly efficient use of your gym time. In circuit training you recover actively instead of taking breaks. For example, the first circuit exercise is a squat which targets the legs. The second exercise is the chest press which targets the chest and arm muscles. So while your chest and arms are getting their turn, your legs get a break. Have fun and get into the circuit!

You need to be able to move without complications, such as pain, to use this routine. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

Exercise 1: Squats

- Stand with feet hip distance apart
- Bend knees and hips simultaneously to $\sim 90^\circ$
- Weight is evenly divided over the feet (especially the middle of the foot)
- Keep your back straight
- Shoulders should always be over the middle of the foot from a side view

Exercise 2: Chest Press (sitting or laying down on your back)

- Lower the weight down so it is close to your chest
- Extend arms back up (don't hyperextend)
- Keep upper body straight and in contact with back support the entire time

Exercise 3: Lat Pull

- Use either wide or narrow grip (switch for each training session)
- Bring weight down in front of your head towards your chin
- Slowly extend your arms back up
- Stabilize back throughout movement (lean slightly back)

Exercise 4: Back Extension

- Use 45° machine to start if possible
- Bend hips until the upper body is parallel to floor
- Slowly extend hips until body is in line with legs

Exercise 5: Crunch

- Lay on your back on a mat
- Bend knees 45° with feet on the floor
- Hold arms next to your upper body, but off the floor
- Lift head a little bit (1-2 inches off the ground) – hold it in this position
- Lift your shoulders up slowly and as far up as possible
- Slowly lower your upper body down until the shoulders touch the floor – keep the head off the floor

General:			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
	<ul style="list-style-type: none"> • Warm up about 10 min on a cardio machine before the circuit • Perform all exercises slowly, using controlled movement • Choose a weight that is challenging but you can maintain proper technique throughout the entire set • Increase weight accordingly • Breathe regularly • End the training with a 10 min cool down including stretching 		
Week 1	This week's objective is to build a fitness base and gain experience. Use each repetition as an opportunity to focus on good form and regular, deep, natural breathing. You will be surprised at how much effective work you can do in such a short amount of time. This is the benefit of circuit training!	60 Minutes	
Day 1	Exercise 1-5: 15 reps each without a break between exercises 5 min run at 80% max HR Exercise 1-5: 15 reps each	30 Minutes	
Day 2	Exercise 1-5: 15 reps each without a break between exercises 5 min bike at 80% max HR Exercise 1-5: 15 reps each	30 Minutes	
Week 2	By week 2 we should be progressing and have a familiarity with the exercises as well as some practice with controlled breathing. The body needs a challenge to change and improve. This week, you will be doing more repetitions and running longer – all in a matter of 5 extra minutes. Woo hoo, that's efficiency!	70 Minutes	
Day 1	Exercise 1-5: 20 reps each without a break between exercises 7 min run at 80% max HR Exercise 1-5: 20 reps each	35 Minutes	
Day 2	Exercise 1-5: 20 reps each without a break between exercises 7 min bike at 80% max HR Exercise 1-5: 20 reps each	35 Minutes	
Week 3	Hopefully, you're experiencing some of the "time flies when you're having fun" phenomenon. This week there's more to come. We're ramping it up and adding more time and exercise to the routine. You can probably start seeing and feeling the difference this training is making. Keep up the hard work!	135 Minutes	
Day 1	Exercise 1-5: 15 reps each without a break between exercises 5 min run at 80% max HR Exercise 1-5: 15 reps each 5 min bike at 75% max HR Exercise 1-5: 15 reps each	40 Minutes	
Day 2	Exercise 1-5: 15 reps each without a break between exercises 6 min run at 80% max HR Exercise 1-5: 15 reps each	45 Minutes	

	6 min bike at 75% max HR Exercise 1-5: 15 reps each		
Day 3	Exercise 1-5: 15 reps each without a break between exercises 7 min run at 80% max HR Exercise 1-5: 15 reps each 7 min bike at 75% max HR Exercise 1-5: 15 reps each	50 Minutes	
Week 4	How are you doing? How do you feel? Can you remember what you felt like when you started this routine? It's always good to have a comparison. Notice and appreciate how much stronger, fitter, and energetic you are—and it's all from the effort you put into your circuit training. Great job!	145 Minutes	
Day 1	Exercise 1-5: 15 reps each without a break between exercises 5 min run at 85% max HR Exercise 1-5: 15 reps each 5 min bike at 75% max HR Exercise 1-5: 15 reps each	40 Minutes	
Day 2	Exercise 1-5: 20 reps each without a break between exercises 6 min run at 85% max HR Exercise 1-5: 20 reps each 6 min bike at 75% max HR Exercise 1-5: 20 reps each	50 Minutes	
Day 3	Exercise 1-5: 25 reps each without a break between exercises 7 min run at 85% max HR Exercise 1-5: 25 reps each 7 min bike at 75% max HR Exercise 1-5: 25 reps each	55 Minutes	