

Circuit Training

Looking to switch things up for a more effective strength exercise? Circuit training is an alternative to your traditional workout.

What is it?

In circuit training, you perform exercises for different muscle groups right after each other, providing a well-rounded workout and helping to delay the onset of fatigue.

For example, you could do an arm exercise, then cardio, then a different arm exercise followed by a leg exercise.

By moving directly from one exercise to the next, you can keep your heart rate up and so train both your muscles and your cardiorespiratory system.

What does it train?

Circuit training is an effective method for building cardio endurance and muscular strength during the same workout.

What types of exercises are in a circuit?

A circuit may include just strength training exercises or may alternate between weight training machines and cardio endurance stations. So it could be:

- Cardio and strength body weight exercises
- Exercises using free weights
- Exercises using weight machines at a gym



How many exercises should be in a circuit?

Here's a general rule: the total number of exercises multiplied by the number of times you repeat the circuit should equal 12. For example, if you have 4 exercises in your circuit, you should do the entire circuit 3 times. This helps make the workout more effective!

Try this circuit!

- 1 set of 10 pushups
- 3 minutes on the treadmill
- 1 set of 5 shoulder presses with dumbbells
- 1 minute of jumping rope

Repeat 3 times.

Source: Fahey, Thomas D., and Paul M. Insel. *Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness*. Mountain View, Calif.: Mayfield Pub.1994. Print.

Image: <http://www.eastcoastfitness.com.au/>