

How to Create a Circuit Workout

Circuit training is great because you can customize it to fit whatever time frame you like, and whichever moves you're feeling. Here are some tips on creating a fast-paced workout!

Your circuit workout can have as many different exercises as you like! However, the most effective workouts rotate 3-4 exercises, so that you can have variety while still getting enough repetitions to really work those muscle groups. The idea is to move from one set to another without a rest break, so you can get the most efficient workout without overusing your muscles!

Many fitness sources recommend this routine:

1. Upper body exercise
2. Lower body exercise
3. Core exercise
4. Cardio

Complete the circuit 3 times for a total number of 12 sets.

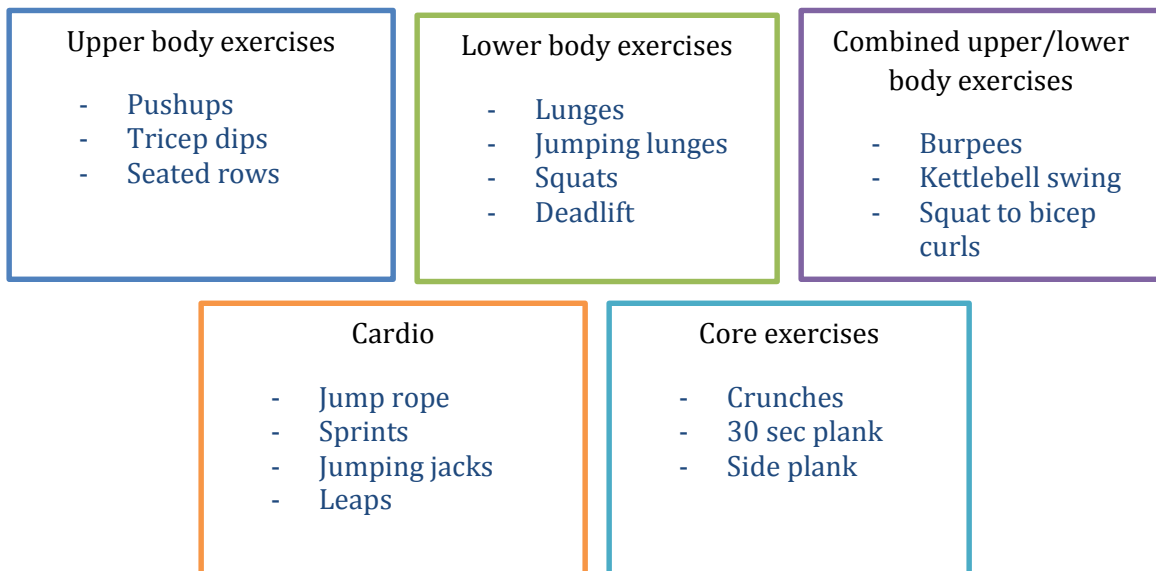
If you're doing a 3-step circuit, use this format:

1. Upper and lower body exercise
2. Core exercise
3. Cardio

Complete the circuit 4 times for a total number of 12 sets.

This can be done at a gym, in a park, or at home using free weights. Use compound exercises, which are exercises that involve more than one major muscle group.

Here are some example exercises you could choose from:



Reference: Holland, T. (n.d.). How to Design the Perfect Circuit. Retrieved January 10, 2016, from <http://www.mensfitness.com/training/workout-routines/how-design-perfect-circuit?page=2>