

CIRCUIT TRAINING

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CIRCUIT TRAINING

WHAT IS CIRCUIT TRAINING?

High-intensity aerobics is a form of body conditioning or resistance training. It is easy to follow and targets strength building as well as muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

MEANING OF DEFINATION

What is Circuit Training ?

- Circuit training is an excellent way to improve strength ,stamina and suppleness (SSS).
- . The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

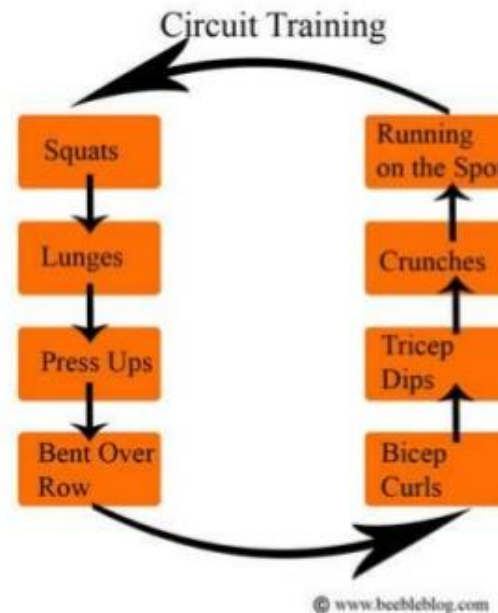
“Great athletes are not born, they are made.”

- Seb Coe

STATIONS OF CIRCUIT TRAINING

Circuit Training

- A circuit is made up 6 - 10 exercise or skills stations at which a particular activity is performed.
- Circuit training develops:
 - All round fitness -
 - CV and ME fitness



CIRCUIT TRAINING: TASK-1

45 Minute Circuit Workout

Complete 1 Minute of each exercise.

3-15 minute Circuits

Cardio

Jumping Jacks
Quick
Jump Squats
Mtn Climbers
High Knees

ROUND 1

Arms

Bicep Curls
Upright Row
Tricep Kickback
Reverse Fly
Alt Overhead Shldr Press

Legs

Pendulum Lunges
Sumo Squats
Calf Raises
Band Monster Walk
Mand Sides Stepping

Cardio

Butt Kickers
Sumo Squat 2 Narrow Squat
Burpees
Piyo Lunges
Up, Up, Back, Back

ROUND 2

Arms

Hammer Curls
Overhead Tricep Ext.
Bent Over Row
Lateral Raise
Tricep Push-Ups

Legs

R Leg Curtsy Squat
L Leg Curtsy Squat
8 Squats+8 Pulses
Band R Leg Kick
Band L Leg Kick

Cardio

Heel Digs
10 Tuck Jumps, 20 Marches
V-Splits
Out & Ins
Quick Feet

ROUND 3

Arms

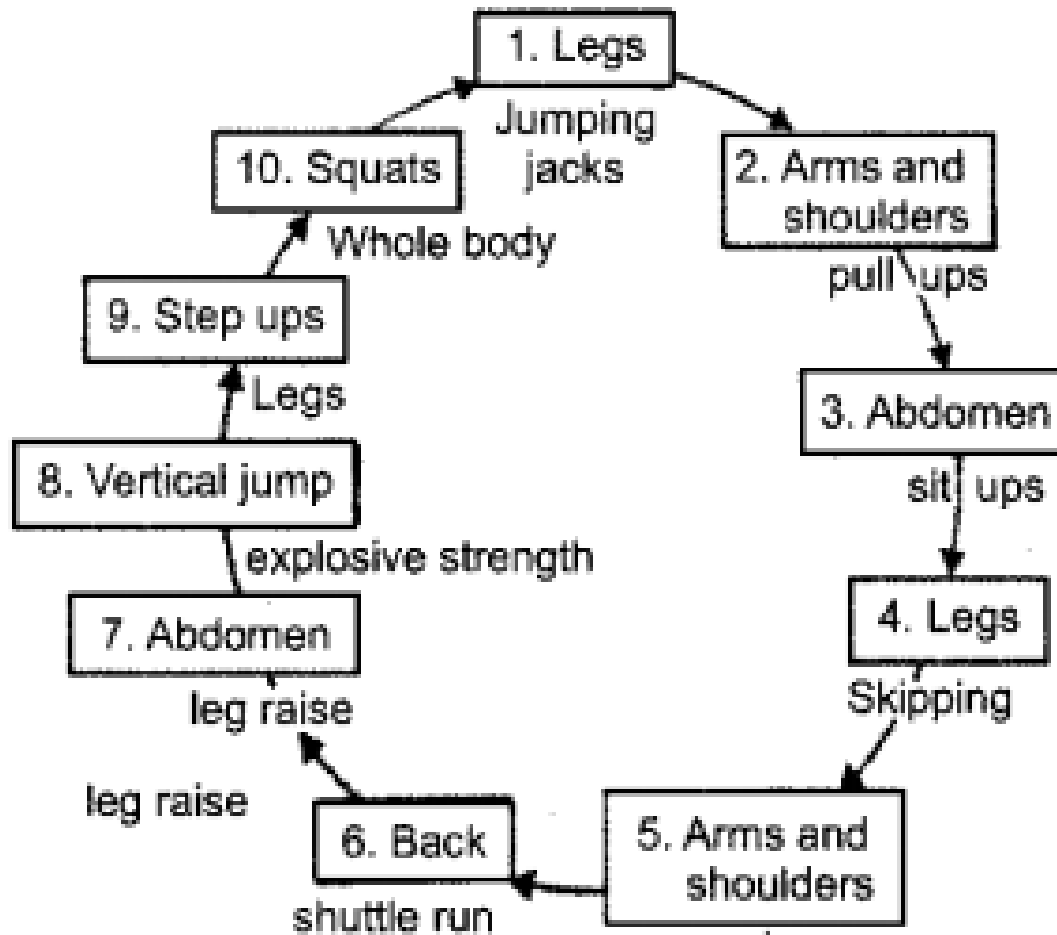
Reverse Curls
Piston Rows
Front Raises
Tricep Press backs
Plank

Legs

R Leg Single Leg Squat
L Leg Single Leg Squat
Sumo Squats
Narrow Squats
Band Jumping Jacks

fitonfile

CIRCUIT TRAINING: TASK-2



CIRCUIT TRAINING: TASK-3

**Bodyweight
Squats**



Push-ups



**Dumbbell
Push Press**



**Bicycle
Crunches**



**Jump Rope or
Jumping Jacks**



Rest



Repeat 3-4 Rounds

CIRCUIT TRAINING: TASK-4



CIRCUIT TRAINING: TASK-5

12 minute circuit training workout

Legs:

24 front lunges, alternating R and L
24 side lunges, alternating R and L

Arms/Core:

30 second plank hold
12 regular pushups
30 second R side plank hold
12 tricep pushups
30 second L side plank hold
12 tricep dips
12 regular pushups
30 second plank hold

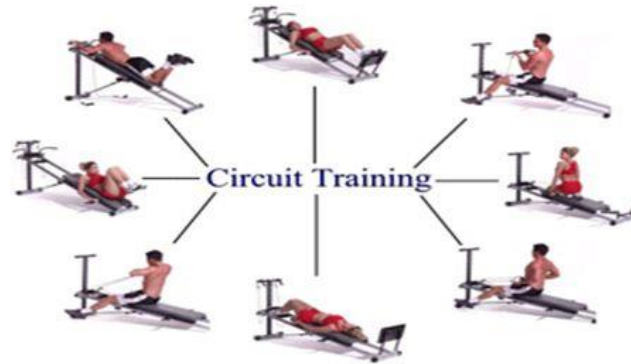
Ab Circuit:

*Shoulders lifted, arms behind head, legs start in a table top.
96 upper curls changing leg position every 16 counts.

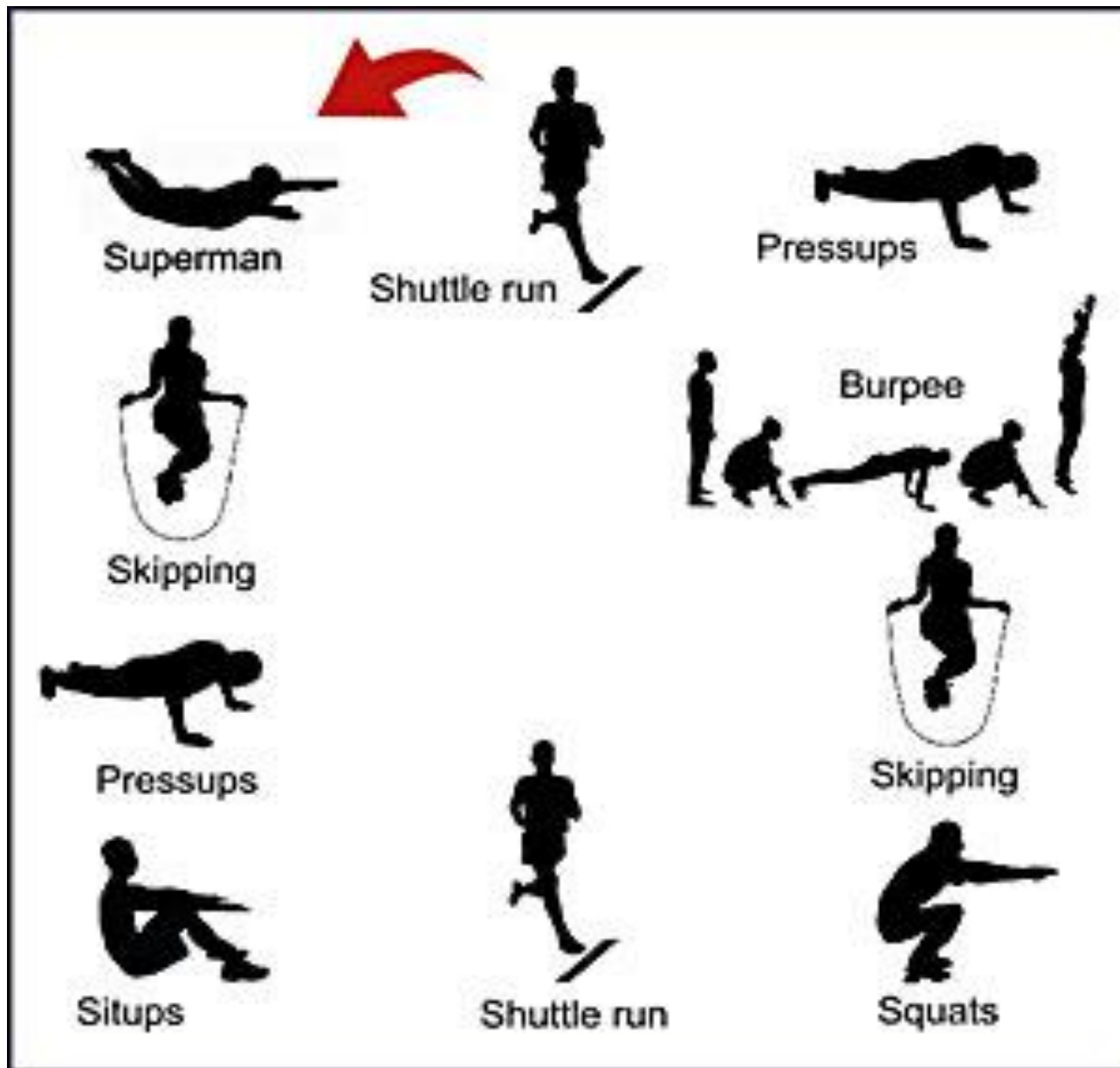
16 x table top
16 x straight up
16 x diamond shape
16 x diamond shape reach through center
16 x diamond shape straight up
16 x diamond shape uppers & lowers

CIRCUIT TRAINING: TASK-6

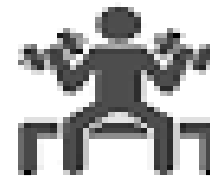
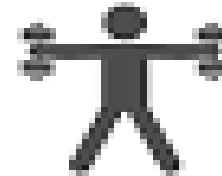
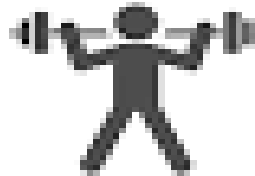
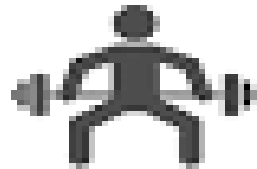
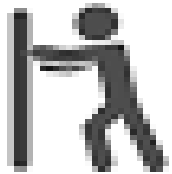
Circuit and Interval Training



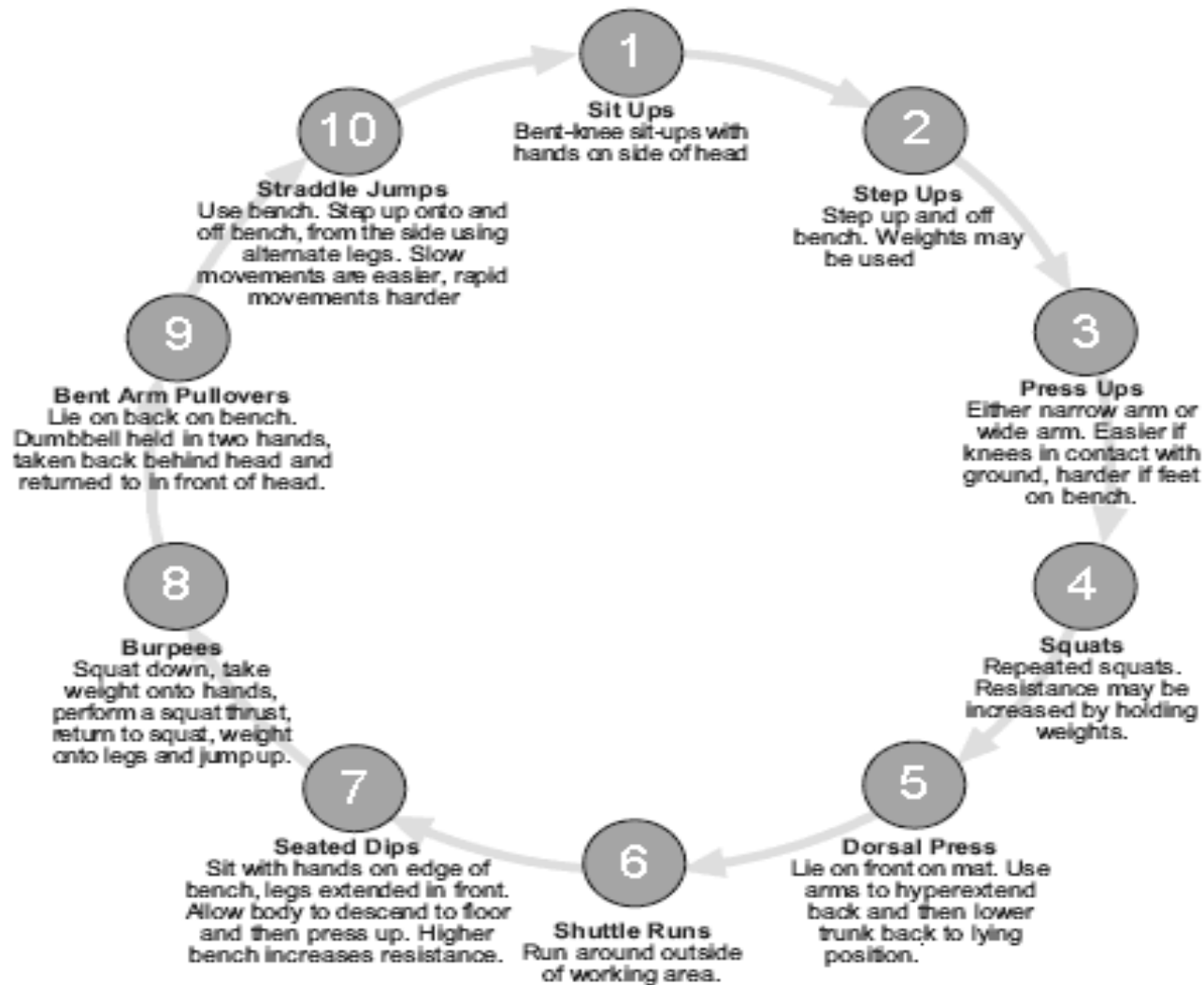
CIRCUIT TRAINING: TASK-7



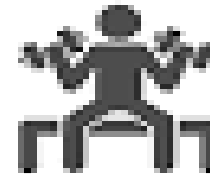
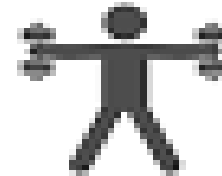
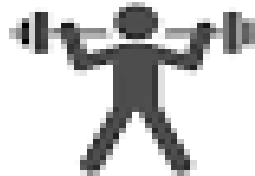
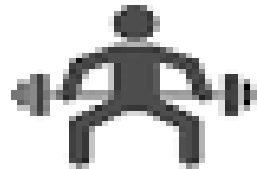
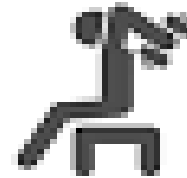
CIRCUIT TRAINING: TASK-8



CIRCUIT TRAINING: TASK-9



CIRCUIT TRAINING: TASK-10



CIRCUIT TRAINING: TASK-11

Weekly Workout Routine

Monday

100 jumping jacks
50 crunches
18 chair dips
25 squats
20 lunges (each leg)
50 russian twists
30 calf raises
10 pushups
30 sec. plank

Wednesday

50 jumping jacks
20 chair dips
45 second plank
15 situps
40 squats
25 crunches
15 side crunches (each side)
30 calf raises

Friday

30 jumping jacks
50 squats
15 pushups
60 russian twists
30 calf raises
15 burpees
25 lunges (each leg)
40 crunches

Tuesday

80 jumping jacks
50 scissors
12 chair dips
25 squats
25 lunges (each leg)
20 leg lifts (each leg)
30 bicycles
10 wall pushups
15 side lunges (each leg)

Thursday











100 jumping jacks
30 scissors
35 squats
25 wall pushups
60 russian twists
50 high knees
10 burpees
45 second plank







Saturday & Sunday

Rest, hydrate, & stretch!



MUSCLE TRAINING

	Muscles Trained	Exercise	Record Your Weight	
			Set 1:	Set 2:
Legs		 Leg Extension		
Legs		 Seated or Prone Leg Curl		
Chest		 Chest Press		
Back		 Diverging Low Row		
Arms		 Bicep Curl		

	Muscles Trained	Exercise	Record Your Weight	
			Set 1:	Set 2:
Arms		 Tricep Extension		
Abs		 Abdominal Crunch		
Lower Back		 Back Extension		

SCHEDULE OF CIRCUIT TRAINING

EVENT TYPE	TRAINING WEEK	WORK-TO-REST RATIO OPTIONS	WORK TIME	REST TIME	NUMBER OF BOUTS	INTENSITY OF EFFORT
Maximum short-term strength and power event that consists of maximum effort and long rest periods	1	1 to 50	< :05	4:10	12-16	100%
		1 to 30	:06 to :12	4:30	10-14	
	6	1 to 40	< :05	3:20	16-20	
		1 to 20	:06 to :12	4:00	12-16	
	12	1 to 35	< :05	2:55	16-20	
		1 to 15	:06 to :12	3:00	12-16	
Sub-maximum to maximum event with multiple strength and power exertions of varied intensities and minimal to moderate rest periods	1	1 to 4	:20	1:20	18-22	Varied
		1 to 3.5	:30	1:45	16-20	
		1 to 3	:40	2:00	14-18	
	6	1 to 2.5	:10	:25	30-35	
		1 to 2	:15	:30	25-30	
		1 to 1.5	:20	:30	20-25	
	12	1 to 1	:20	:20	25-30	
		1 to .5	:40	:20	20-25	
		1 to .5	1:00	:30	15-20	

BENEFITS OF CIRCUIT TRAINING

- ◉ **Burns Calories:** The premise of circuit training is based on similar principles to [High Intensity Interval Training](#) (HIIT). You expend a short, powerful, high-calorie burn, and just when the lactic acid and the fatigue sets in, you change the exercise or take a short rest period.
- ◉ For those new to exercise, using short, but high-effort sets means that you can work a lot harder than you could if you had to expend that effort for a longer period - and that means you can get your heart rate higher than for a comparable time of solid endurance exercise with no rest. Plus, if you plan your circuits so you are working different muscle groups, not only does one area rest, but your heart keeps working pumping oxygen-rich blood to the new set of muscles.
- ◉ Rest periods work in a similar way. You put in the work and get your heart rate up, then let your heart recover - only to ask it to get back to work again. Your heart has to work a lot harder with this 'on again off again' approach than a lower level of steady state endurance work and the calorie burn lasts a lot longer
- ◉ **Keeps Boredom at Bay:** Circuit training typically involves several different exercises. While your circuit might focus on a specific type of training, like strength or plyometric, most circuits are designed to have a mix of strength, cardio, and plyometric exercise. Since you won't have to do any of them for more than a minute at a time, you won't get bored! Even if there's one exercise you dread (in my case it's [burpees](#)), if you know you just have to visit the burpee station for 30 seconds or a minute, it doesn't seem so bad!
- ◉ It's not just your mind that can get bored with the same workouts over and over, your body gets bored too. Doing the same exercise or movement all the time can lead to [fitness plateaus](#), where your body has adapted to the movement and does not need to make any more changes. This is why many people see weight loss or fitness gains slow down or even stop.
- ◉ Circuits use a variety of different movements, and can help you break through a fitness plateau. If you also mix up your exercises within your circuit, you can really get the benefits of '[muscle confusion](#)', which is a [proven method](#) to get more gains faster.

BENEFITS OF CIRCUIT TRAINING

- ◉ **Reduces Injury Risk:** Now, we're not saying that you can't get injured doing circuits, but they can be a great way to manage existing injuries and prevent new ones. If you have been avoiding a workout or fitness program because you have an old injury, then circuits could be a good choice for you. Because you are doing a lot of very different movements in a circuit, you can easily swap a specific movement out that might aggravate your injury, and replace it with a safer or more comfortable movement for you. Even in organized circuit programs at your gym, you can work with the instructor to modify or replace a movement, and still take part in the circuit overall.
- ◉ Circuit training is intensive, and it does demand good form to prevent getting injured in the high-intensity efforts. Especially if you are watching the time and trying to get lots of reps in, you can get excited, make mistakes and get hurt. However, most training injuries come from overuse, and circuit training is a super way to prevent overuse or repetitive-cause injuries.
- ◉ Similar to the [benefits of cross training](#), because you are changing your movements - and the target of your effort - frequently, you will put your body at much less strain from an injury perspective than if you were just running for an hour, or lifting the same weight over and over.
- ◉ For [serious athletes and competitors](#), circuit training is also a good way to mix up your training and put in a serious conditioning session without putting more stress on the muscles, joints or soft tissues that you need for your competitive sport.

BENEFITS OF CIRCUIT TRAINING

- ◉ **Saves Time:** The high intensity interval training approach means that you can get a lot of work into a very short space of time. Including warm up and cool down, with circuits you can get a comprehensive workout into half an hour, sometimes even less. Each movement is short and sharp, and even your rest periods are compressed. All this makes circuits ideal if you are trying to fit your workout into a busy schedule.
- ◉ The science behind High Intensity Interval Training means you can begin to see the health and fitness benefits from as little as a [thirty minutes a week of circuits](#). That's right, ten minutes, three times a week (plus a warm up and cool down) is enough to get results. Of course, as you get fitter, adding tougher circuits for more total minutes will get you even more, but you don't need a lot of time to get started and make progress.
- ◉ However, the effectiveness of circuits depends on the effort you put in. Those thirty minutes need to be all out effort, and should leave you feeling like you have nothing left in the tank!
- ◉ **Can Help with Disease Prevention:** There's another side to circuit training that helps with disease prevention. Because circuits change the muscle groups worked, and the type of exercise throughout the circuit, they are one of the most effective cardio workouts. Circuits are far better for [whole-body cardiovascular health](#) than steady state workouts like running because they force the heart to move the blood around the body, which has impressive impacts on circulation. If you've ever noticed your hands getting numb when you are out for a jog, you'll see what I mean. That doesn't happen in circuits! This makes circuit training a very effective tool in [combating conditions like diabetes](#), which can have serious complications for circulation. The short, high-intensity efforts can help condition cardiopulmonary health, especially for people living with [asthma](#).
- ◉ If you are living with a chronic disease or condition, then you should talk to your doctor before starting any exercise program, including circuits. However, circuits do have a lot of benefits as an exercise program choice. You can easily adjust your circuits and exercises to suit your condition and your personal needs. Circuits can be done at home or in a gym, meaning you can stay close to friends and family while you work out, and stay safe if you need help.

BENEFITS OF CIRCUIT TRAINING

● Gets You Lean and Toned:

- No matter whether your circuits are general, all around exercises, or focused more on strength, cardio, or [agility](#), you're going to get a perfect combination to get you a lean, toned physique. The combination of intense strength components, which build lean muscle, and calorie burning cardio can't be beat when it comes to developing a toned and lean body.
- Unlike a focused strength workout, or going for a run, with a circuit training session you are going to work your whole body, inside and out. Your upper body, core, lower body, as well as your heart and lungs will get hit hard by your circuits. With a good circuit program, there won't be any corner that gets away untouched. If you are looking to build all around fitness, circuits are a perfect choice.
- If you are just starting out, circuits a couple times a week will make sure you get a good overall workout, and build strength, fitness and balance over your whole body. As you get fitter and stronger and think about trying new sports, circuit training will help you keep a solid base that will help you learn your new sport, and prevent injuries.
- For specialist athletes, [circuits help to balance out](#) more targeted skills training for specific sports. Endurance and strength athletes alike can benefit from regular circuits to help with muscle control, plyometric power, good form and injury prevention, no matter what sport you do.

● It Doesn't Need Equipment:

-
- Circuit training is one of the most versatile and flexible workouts. Sure, you can do circuits at the gym, with mats, weights, plyo boxes and more, but you can also do circuits solely [with your own bodyweight](#) and still get a really tough workout!
- Circuits might be set up in a gym with lots of stations, especially for the circuit class that is pretty busy, but you can also fit a circuit workout into your living room or garage. You can do a circuit session at home, in a corner of the gym, or you can take it outside. Once you get comfortable with your circuit routine, you can even take it with you and workout in a hotel room or on vacation.
- If you like to [workout at home](#), you can always start with a bodyweight circuit, and over time add more equipment to add variety. With a few [kettlebells](#) or barbells, a [weight bench](#), and a step board you can add hundreds of exercises to your circuit program. You don't need to spend a lot of money, and you don't need a lot of space. All you really need is a good pair of training shoes, a towel, and a water bottle and you are ready to go - oh, and don't forget your timer!

THANK YOU