

ALL ABOUT CIRCUIT TRAINING

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WHAT IS CIRCUIT TRAINING?

Circuit training is a type of workout regimen that is comprised of stations, which you complete one at a time.

After completion of all stations, the “circuit” is done. This is typically followed by a period of rest, after which another circuit may begin.



FUN FACT

Circuit training was invented in:



1953

University of
Leeds, England

GOALS

1. Improve overall fitness by targeting strength, endurance, and flexibility.
2. Save time by packing a full-body workout into a short session.
3. Help with weight loss by burning calories efficiently.
4. Tone muscles and make them stronger.
5. Boost heart health and lower blood pressure.
6. Make everyday tasks easier by improving functional fitness.
7. Keep workouts interesting and motivational with a variety of exercises.

EQUIPMENT

While you don't need any equipment, some good things to have include:

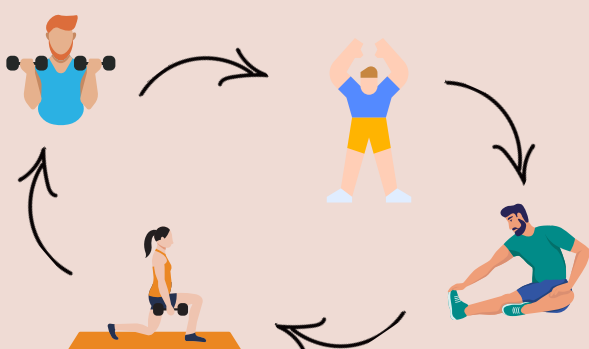
Dumbbells
Resistance bands
Med balls
Box/step platform
Jump rope
Pull-up bar



BENEFITS

The wide scope of exercises you can do within circuit training means that it comes with many benefits. These include:

- Fat burning and weight loss
- Muscle building and tone definition
- Improved flexibility, agility, and movement
- Improved cardiovascular health and efficiency
- Increased endurance, strength, and power



HOW DO YOU CIRCUIT TRAIN?

Start by setting up the stations you plan to have in your circuit, being sure to include different types (Cardio, strength, flexibility) and at least ~6 stations for a well rounded workout. Warm up, complete on circuit, rest, and then repeat the circuit until done. Be sure to cool down.

FUN FACTS

Anyone can circuit train! It's large scope leaves it open to all groups of people!



Because of it's versatility, circuit training can be done anywhere!