

Circuit Training

A method of exercising to strengthen major muscle groups of the whole body. Usually done with weights and resistant bands.

An example:	Warm-up	Jumping Jacks, jogging, karate type punches and kicks. Whole body stretching. 3-5 minutes.
	Upper body	- <u>bicep curls</u> of weight where you can only do 8-15 reps. Then rest before next exercise.
	Lower body	- <u>squats</u> with weight where you can only do 8-15 reps. Then rest before next exercise.
	Body core	- <u>leg lifts</u> with ankle weights or heavy ball 10-15 reps. Then rest before next exercise.
	Upper Body	- <u>push-ups</u> 10-20 reps. Then rest before next exercise.
	Lower body	- <u>lunges</u> 10-20 each leg. Then rest before next exercise.
	Body Core	- <u>sit-ups</u> 20. Then rest before next exercise.
	Upper Body	- <u>rows</u> 20. Then rest before next exercise.
	Lower Body	- <u>calf raises</u> both feet 20. Then rest before next exercise.
	Body Core	- <u>Russian twist</u> 20 Then rest before next exercise.

Then repeat this circuit of exercises one or 2 more times.

Cool down stretch muscles that were exercised.

Interval Training

A method of exercising where the exercise is done for an interval of time not reps. The rest in between each different exercise is also a timed interval. Time intervals can be changed for longer exercise and/or shorter rest periods. Lighter weights so the exercise can be done longer.

An example:	Warm-up	Jumping Jacks 30 seconds then rest 30 seconds. Jogging in place 30 seconds then rest 30 seconds.
	Upper body	- <u>bicep curls</u> 30 seconds then rest 30 seconds.
	Lower body	- <u>squats</u> 20 seconds then rest 20 seconds.
	Body core	- <u>leg lifts</u> 40 seconds then rest 40 seconds.
	Upper Body	- <u>push-ups</u> 30 seconds then rest 30 seconds.
	Lower body	- <u>lunges</u> 30 seconds then rest 30 seconds.
	Body Core	- <u>sit-ups</u> 30 seconds then rest 30 seconds.
	Upper Body	- <u>rows</u> 40 seconds then rest 40 seconds.
	Lower Body	- <u>calf raises</u> both feet 30 seconds then rest 30 seconds.
	Body Core	- <u>Russian twist</u> 20 seconds then rest 20 seconds.

Rest a minute then repeat the circuit again.

Cool down stretch muscles that were exercised.

HIIT - High Intensity Interval Training

This method of interval training is meant to be done at a faster pace so that the heart rate stays up lots of sweating and heaving breathing. Exercise intervals are longer to get heart rate up and rest intervals are shorter to keep the heart rate up for a cardio work out. Use timer or download interval timer app found on line.

An example:

Warm-up	Jumping Jacks 45 seconds then rest 15 seconds. Jogging in place 45 seconds then rest 20 seconds.
Upper body	- <u>bicep curls</u> 40 seconds then rest 20 seconds.
Lower body	- <u>squats</u> 40 seconds then rest 20 seconds.
Body core	- <u>leg lifts</u> 50 seconds then rest 20 seconds.
Upper Body	- <u>push-ups</u> 40 seconds then rest 20 seconds.
Lower body	- <u>lunges</u> 50 seconds then rest 20 seconds.
Body Core	- <u>sit-ups</u> 40 seconds then rest 20 seconds.
Upper Body	- <u>rows</u> 40 seconds then rest 15 seconds.
Lower Body	- <u>calf raises</u> both feet 45 seconds then rest 15 seconds.
Body Core	- <u>Russian twist</u> 30 seconds then rest 15 seconds.

Repeat right away after 15 second rest.

Cool down stretch muscles that were exercised.

Tabata style HIIT

Lighter weight so exercise can be done faster, more explosive and bouncier. Tabata is always 20 seconds exercise and 10 seconds rest. One circuit set is 4 minutes total. **Exercises are to be done at full speed and maximum effort.**

Download Tabata timer app

Example 1: Focus on same muscles

Squat jumps 20 seconds rest 10 seconds
Push-up 20 seconds rest 10 seconds
Squat jumps 20 seconds rest 10 seconds
Push-up 20 seconds rest 10 seconds
Squat jumps 20 seconds rest 10 seconds
Push-up 20 seconds rest 10 seconds
Squat jumps 20 seconds rest 10 seconds
Push-up 20 seconds rest 10 seconds

Example 2: Variety for whole body

Squat Jumps 20 seconds rest 10 seconds
Push-up 20 seconds rest 10 seconds
V Sit-ups 20 seconds rest 10 seconds
Plank Squats 20 seconds rest 10 seconds
High Knee Run 20 seconds rest 10 seconds
Mountain Climbers 20 seconds rest 10 seconds
Front Straddle Squats 20 seconds rest 10 sec
Russian Twist 20 seconds rest 10 seconds

4 minutes equals 1 set. Rest and get heartrate down to normal before you start next set.