

Circuit Training Program

Fitness Center Circuit Program

Think that you don't have time for a strength workout along with your aerobic program? Looking for a new program? Try a circuit program.

Circuit training is a "series of exercises performed in a sequence or a circuit with one exercise at each station. You move from one exercise to the next, performing one set of each exercise until you have completed every exercise in the circuit once. The entire circuit may then be repeated. A circuit usually is completed one to three times during a training session." (Weight Training for Life, 135)

For a complete workout in less than an hour, start with a 5 minute warm up. Walk or ride the bike for 5 minutes at a slow pace to warm up. Follow the warm up with the circuit workout. Then finish the workout with 20 minutes of aerobic, cardiovascular exercise.

If you have more time perform the circuit 2 or 3 times then follow with your aerobic program for 20 minutes or longer.

For optimal health benefits, perform this workout at least 3 times a week on non-consecutive days.

As always, see your physician before starting any exercise program (See Attachment 1).

If you have questions on any of the information here or you are just starting out, please refer to the handout entitled "Getting Started on an Exercise Program."

Hesson, James L. Weight Training for Life, 3rd Ed. Morton Publishing Co, 1995.

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Follow the list of exercises below in the order listed. Do one circuit of each exercise for 10-15 repetitions at a weight you can handle comfortably. Rest 30 – 45 seconds between exercises.

The machine numbers are listed next to the exercise. For exercises not done on machines, see attachments for examples of how to perform the exercise correctly.

If you feel any pain at any point of your workout, stop the exercise immediately to prevent injury. If pain persists, see your physician.

1. Leg Press (#18) or Lunges
2. Calf-Raise (#17)
3. Ab/Adductor (#21) or Multi-Hip (#15)
4. Leg Curl (#19)
5. Leg Extension (#20)
6. Shoulder Press (#25)
7. & 8 Pec Dec (# 14) & rear fly or
Pec Dec & Row (#22)
9. Chest Press (#23)
10. Bicep Curl Machine (#27) or
Bicep curl with weights- choose curls, hammer curls or curl bar
11. Tricep extension (#26) or
triceps curl, tricep kick back or tricep pulldown
12. Lateral Raise Machine (#14)
13. Back Extension (#28)
14. Abdominal Machine (#29), Arm Pullover (#30) or crunch
15. Roman Chair (32) or Oblique exercise

For alternate Exercises and exercises you can do at home, the Mayo Clinic has a great section on their website that has videos to show you many exercises.

<http://www.mayoclinic.com/health/strength-training/MY00033>