

CIRCUIT TRAINING

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Explained the Circuit training

Circuit training is a style of workout where you cycle through several exercises (usually five to 10) targeting different muscle groups with minimal rest in between each movement. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system. You've likely done circuit training in boot camp-style classes and didn't even realize it.

Benefits of Circuit Training

Circuit training workouts have a ton of benefits. For starters, it's a great boredom buster. If you find yourself constantly watching the clock during your workout and counting down the seconds until it's over, then circuit training is definitely worth a try. It's a surefire way to shake up your workout routine, since moving quickly from one exercise to the next means your mind doesn't have time to wander or zone out. Plus, there are endless ways to customize, modify, and progress your circuit training workout to reach your goals in record time.

How to Create a Circuit Training Workout

Figuring out how to set up an effective circuit training workout on your own can be pretty daunting at first. So to give you a hand, here are six easy steps to help you build your perfect routine.

Step 1: Set a Time Limit

Circuit training workouts are based around a set number of "stations" that you repeat until your time runs out, so knowing how much time you have can help you determine how many circuits you'll need to complete and how hard you'll need to work. Anywhere from 10–45 minutes is ideal for circuit training — but the shorter the workout, the harder you should be pushing.

Step 2:

Upper-Body Circuit Training Exercises:

Circuit 1: Shoulder press

Circuit 2: Bent-over row

Circuit 3: Standing dumbbell curl

Circuit 4: Triceps dip

Circuit 5: Push-up

Circuit 6: Russian twist

Step 3:

Lower-Body Circuit Training Exercises:

Circuit 1: Forward lunge or walking lunge

Circuit 2: Sumo squat

Circuit 3: Calf raise

Circuit 4: Hamstring curl on a Swiss ball

Circuit 5: Deadlift

Circuit 6: Superman

Step 4 :

Compound circuit training Exercises:

Circuit 1: Jumping lunge

Circuit 2: Mountain climbers

Circuit 3: Thruster (squat to shoulder press)

Circuit 4: Barbell clean

Circuit 5: Bench hop-over

Circuit 6: Single-arm kettlebell swing

Step 5 :

Cardio circuit training Exercises:

Circuit 1: Running

Circuit 2: Jumping rope

Circuit 3: Rowing

Circuit 4: Cycling

Circuit 5: Uphill jogging

Circuit 6: Stair climbing

Step 6 :

Take a one-minute rest :

You've earned it. Let your heart rate come down and then go back through your circuit as many times as you'd like for a complete workout.

THE END