

## Advanced Circuit Training



## **What is Circuit Training?**

Circuit training is an evolving training exercise program that was developed by R.E. Morgan and G.T. Anderson in 1953 at the University of Leeds in England. It's constructed of a number of different exercises (stations) that are combined to form a "circuit". When one circuit is complete, the participant will rest for a designated period of time and then repeat the circuit again. Typically, the rest between individual exercises within the circuit is minimal to maximize cardiovascular conditioning and fat loss.

### **Benefits of Circuit Training:**

- Fat loss
- Cardiovascular conditioning
- Does not require expensive gym equipment
- Requires minimal space
- Great workout in a minimal amount of time
- Can be constructed to fit the abilities and goals of the participant
- Can integrate multiple fitness tools (kettlebells, bodyweight exercises, heavy bag, battling rope etc.)

### **How to Construct a Circuit Training Program**

When designing a circuit training program for yourself and/or your client, the first step is to do an assessment – what are your strengths and what are your development areas? Based on this, you will have the information needed to design a program that is congruent with your desired results.

Below are some general rules when designing your circuit:

- Balanced movement patterns – You want to make sure your circuit is "balanced". As an example, if you are designing a circuit that focuses on upper body conditioning, makes sure to include a vertical push, vertical pull, horizontal push and horizontal pull.
- Vary intensity – rotate high intensity exercises with low/moderate intensity exercises inside the circuit. This ensures safety and allows you to last longer (to many high intensity exercises back to back may prematurely end the circuit).
- Rest interval – typically, circuits are best designed for improving cardiovascular conditioning and fat loss. Thus, the rest between exercises within a circuit should be minimal (10 seconds – 30 seconds). However, if your goal is anaerobic conditioning and/or muscle hypertrophy, the rest interval can be lengthened to promote recovery between bursts utilizing heavier weights.

- Scaling – when designing a circuit, make sure it’s “scaled” to fit the abilities and conditioning of the participant. Thus, you will need to pay attention to variables such as: complexity of the exercise, weight of the k-bell, work duration, recovery time between sets/circuits etc.

### **Example Circuits**

The possibilities are endless with circuit training. You can integrate different fitness tools, different exercises, different weights etc. However, below are some examples of different circuits you can use with you/your clients depending on the desired outcome.

#### **Beginner Circuit (one k-bell)**

- Around the body k-bell pass
- Hand to hand swings
- Military press
- Front squat

\*Perform each exercise for 30 seconds and rest 15 seconds between exercises. Between circuits, rest 1 min.

#### **Endurance Circuit (one k-bell)**

- Swing, clean, snatch (one of each – switch sides)
- Front squat, press (one of each – switch sides)
- Burpees
- Windmill

\*Perform each exercise for 1 min and rest 10 seconds between exercises. Between circuits, rest 1 min.

#### **Upper Body Circuit w/power focus (two k-bells)**

- K-bell bench press
- Bent over rows
- Military Press
- Kipping pull-up’s

\*Perform each exercise for 30 seconds and rest 10 seconds between exercises. Between circuits, rest 90 seconds.

#### **Lower Body Circuit w/endurance focus (one k-bell)**

- Hand to hand swings
- Front squats
- Hand to hand swings with toe elevation
- Alternating lunges

\*Perform each exercise for 90 seconds and rest 10 seconds between exercises. Between circuits, rest 1 min.

### **Full Body Circuit with Power Focus**

- Double snatch
- Front squat with toe raise
- Renegade row
- K-bell Jump Squat

\*Perform each exercise for 30 seconds with a focus on power/speed and rest 15 seconds between exercises. Rest 2 min between circuits.

### **Mixed Martial Arts Based Circuit (two k-bells)**

- Front squat, press
- Sprawl with k-bells, renegade row, deadlift
- Burpee with jump tuck
- K-bell high pulls
- Battling rope

\*Perform each exercise for 45 seconds with a focus on speed/explosion and rest 15 seconds before next exercise. This will equate to a 5 min round. Rest 2 min between circuits.

### **Tennis Based Circuit (one k-bell)**

- Snatch
- K-bell jump squats
- Military Press
- Overhead alternating k-bell lunges

\*Perform each exercise for 1 min and rest 15 seconds before next exercise. Rest 2 min between circuits.

More examples of circuit training workouts can be found on Steve's DVD – **Extreme Kettlebell Workout**. Click on the below link for pricing and details.



[Click Here!](#)