

# **EXERCISES OF CIRCUIT TRAINING**

## **Circuit Training**

## WHAT IS CIRCUIT TRAINING?

A series of exercises that a person does in a row that works skeletal muscles and your cardiovascular system (heart).

- 15- second to three-minute aerobics station can be placed between each station, to improve cardio-respiratory and muscle endurance during the workout.

## WHY CIRCUIT TRAINING?

- An effective means of improving muscular strength and endurance.
- May be easily structured to provide a whole body workout.
- May not require expensive gym equipment.
- Participants normally work in small groups.
- Can be adapted for any size workout area.
- Can be customized for specificity; easy to adapt to your sport.
- Has the potential to burn more calories than conventional aerobic exercise or strength training, both during and post-workout , thus beneficial for those attempting to lose body fat.

## TYPES OF CIRCUITS

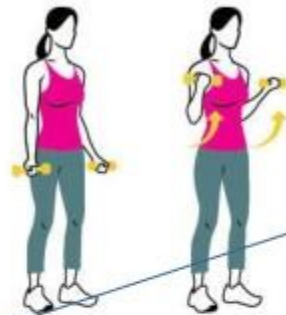
- Upper body
- Lower body
- Core and trunk
- Total body
- Bilateral exercise- exercises that work both sides of body (right and left)
- Try to pick exercises that work on muscles within each of those categories.
- Most circuit training programs consist of strength training exercises, but cardiovascular exercises such as jump rope or jogging help build endurance.

# Sample Circuit

Warm Up



Bicep Curl



Agility Drill



Lateral Raise



Sandbell Shuttle



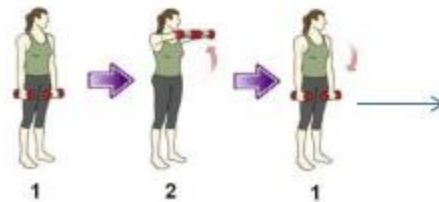
Resistance Bands



SB Slam



Front raise



Cool Down



## **SAFETY**

- **Wear appropriate clothing and shoes**
- **Warm Up/Cool Down**
- **Start Small**
- **Pay Attention to Form**
- **Secure Weights and Equipment**

# EQUIPMENT

Agility Ladder



Sandbells



Resistance Bands



Weighted bar



Light Hand Weights



## Additional Circuit Training

- Core Balls
- Balance Equipment
- Weighted Balls
- Jump Ropes
- Low Hurdles
- Weighted Balls
- Hop Sports Videos
- Yoga Mats





# SET

One string of reps followed by a rest interval

# REPITITION

The number of times an exercise or activity is repeated



# FLEXIBILITY

The ability to move a body part through a full range of motion

# ***What does getting FITT mean?***

**F**

**= FREQUENCY**

Refers to how many training sessions are performed per week

**I**

**= INTENSITY**

Refers to the amount of work required to achieve the activity, or how "hard" the person exercises

**T**

**= TIME**

The amount of force muscles apply when used

**T**

**= TYPE**

Different activities/exercises performed; Varying activities affect the body in different ways



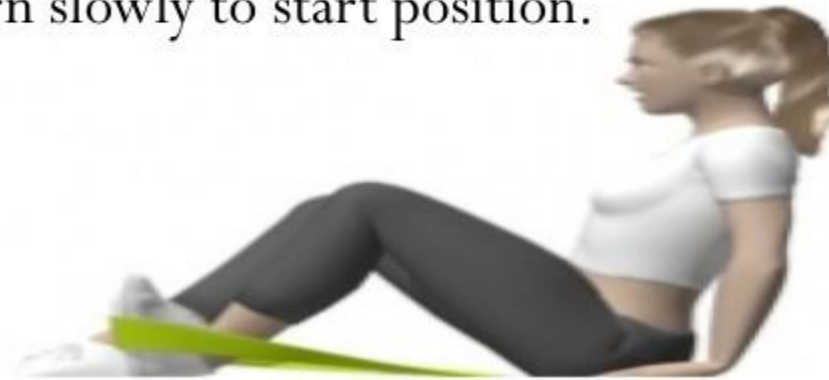
# OVERLOAD

Increasing an exercise until your muscles tire



## Leg Press with Elastic Band

1. Stand with band under both feet (Under 1 foot for less resistance)
2. Hold band with hands raised next to your head, elbows bent with arms parallel to floor
3. Extend arms straight up towards the ceiling.
4. Return slowly to start position.



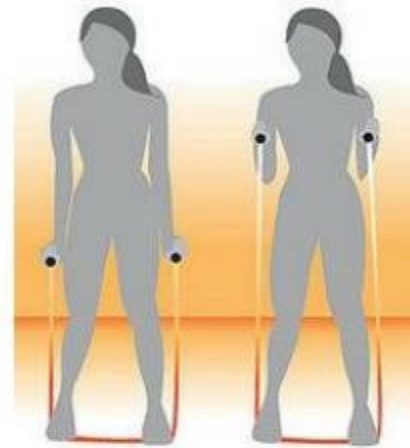
## Elastic Band Military Press

1. Stand with band under both feet (Under 1 foot for less resistance)
2. Hold band with hands raised next to your head, elbows bent with arms parallel to floor
3. Extend arms straight up towards the ceiling.
4. Return slowly to start position.



## Bicep Curl with Elastic Band

1. Stand on one end of band
2. Grip other end of band
3. Elbow on hip or close to body
4. Curl arm
5. Keep wrist straight



## Horizontal Chest Press with Elastic Band

1. Lie back w/ band under shoulders
2. Grip band with hands
3. Press arms forward
4. Slowly return

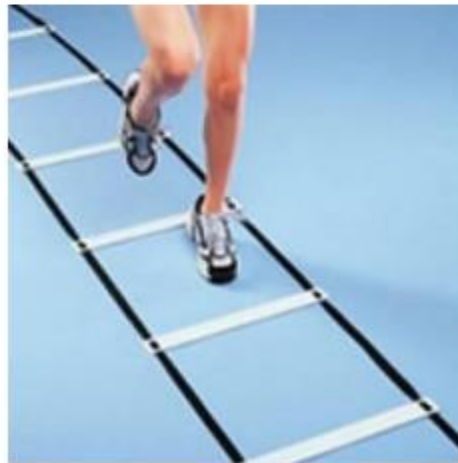


# Agility Ladder Circuit

Move forward, backwards, sideways, hop, balance, quick step, high knees or movement of choice.

Can use tape, hula hoops cones or floor lines if ladder is not available

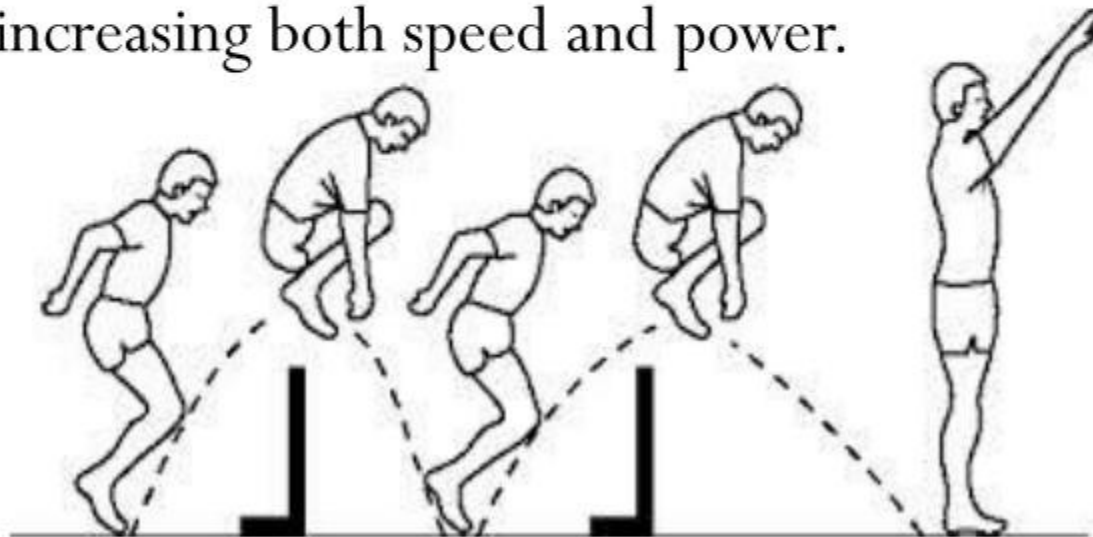
Students in wheelchair can tap an object such as a bat or tennis racket in each square or hoop or weave through cones.





## Plyometrics

- Plyometrics are exercises based around having muscles exert maximum force in as short a time as possible, with the goal of increasing both speed and power.

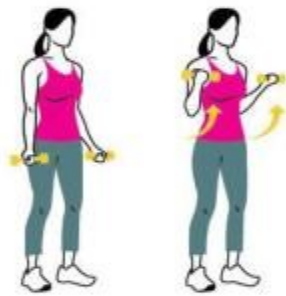


## Plyometric Exercise Example

### **Squat Jumps**

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
2. Arms should be in the ready" position with elbows flexed at approximately 90.
3. Lower body where thighs are parallel to ground and immediately explode upwards vertically and drive arms up.
4. Land on both feet. Rest for 1-2 seconds and repeat.

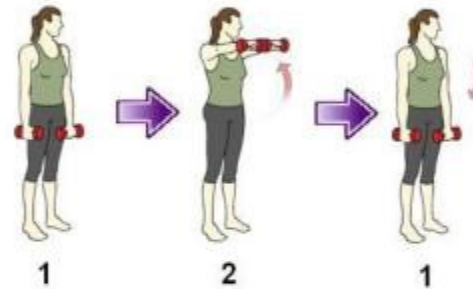
# Light Hand Weight Circuits



**Bicep Curl**



**Lateral Raise**

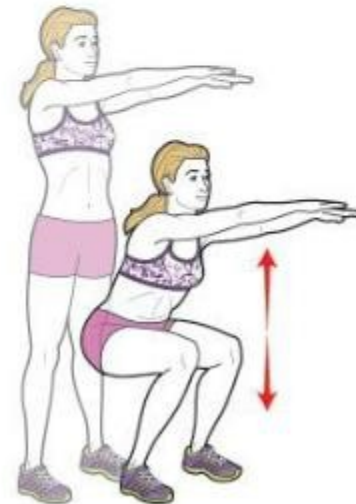


**Front Raise**

# SQUATS

(Focus muscles: **quadriceps**, hamstrings, and **gluteus-maximus**)

- Feet shoulder width apart
- If using barbell, place on back of shoulders or hold resistance in hands parallel to sides of the body
- Lower body until thighs are parallel to floor with knees over ankles
- Slowly return to start position.



# Sandbell Overhead Slam Circuit



# Sandbell Granny Toss/Frog Toss Circuit

## TOSS SERIES

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## Frog Toss

PERFORM A SQUAT WITH THE SANDBELL BETWEEN THE LEGS, AND THEN AS THEY STAND UP, UNDERHAND TOSS IT TOWARDS YOUR PARTNER. THIS IS A GREAT WAY TO JUDGE THE STANDING CORE STRENGTH OF A STUDENT.



# Sandbell Lateral Toss Circuit

## TOSS SERIES

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## Lateral Toss

WITH KNEES BENT, BRING THE SANDBELL AWAY FROM YOUR PARTNER IN A ROTATING FASHION, THEN REVERSE THE PROCESS, TOSSING IT TOWARDS YOUR PARTNER. ALWAYS KEEP YOUR EYES ON THE TARGET AND HAVE YOUR HANDS READY TO CATCH THE SANDBELL! MAKE SURE BOTH SIDES ARE WORKED EQUALLY!



# Sandbell Toss and Chase Circuit

## **Toss N' Chase**

Stand in ready position with SB at chest level.

Choose a finish line for the student to work towards that is a desired distance away.

Begin the movement by throwing the SB from chest level straight out in front of you.

Sprint quickly to pick it up and repeat the same throw.

Repeat for desired distance.

Great exercise for power combined with conditioning.





## Sandbell Shuttle Drill Circuit

Place two sandbells on the floor, on the signal, “Go,” student picks up first sandbell and runs to the designated spot on the other end and drops the sandbell. The student returns to get the second sandbell and repeats.

This can also be done in pairs. Students in wheelchairs can have another student hand the SB to them and either wheel themselves or have a teacher assist to other end where they can place the SB and repeat.



# Weighted Bar Circuit

If equipment is available



## How Will Circuit Training Benefit Me In My Life?



Circuit Training keeps me at a healthy weight



Circuit Training keeps me awake and alert and ready to learn



Circuit training is a great workout with friends and family

**THANK YOU**