

**By**

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# What is Circuit Training?

- A series of exercises that a person does in a row that works skeletal muscles and your cardiovascular system.
- There are usually 8-12 selective exercises is arranged in such a way that different muscles groups

# How to Increase the Load in Circuit Training

- Number of repetitions can be increased per exercise.
- Increase the intensity of exercises.
- Interval between exercises can be increased.
- Number of rounds can be increased.
- Increase duration of exercises at each station.
- Increases specific exercises . etc..

# How to Control Load

- Go through the above points

# Load Factors For an Effective Circuit Training Programme

- According to Harre & Leopold.....
- Total no of exercises - 8 to 12
- Intensity of exercises - 30 to 50%
- Speed of movement - Not less than that of competition.
- Movement Frequency – 40 to 70%
- Duration of exercises - 30 sec to 45 sec
- 30 sec to 90 sec
- Repetitions - 20 to 40

# Types of Circuit Training

- Timed Circuit Training
- Competition Circuit Training
- Repetition Circuit Training
- Sports specific or Running circuit Training.

# Points to be Considered During the Training

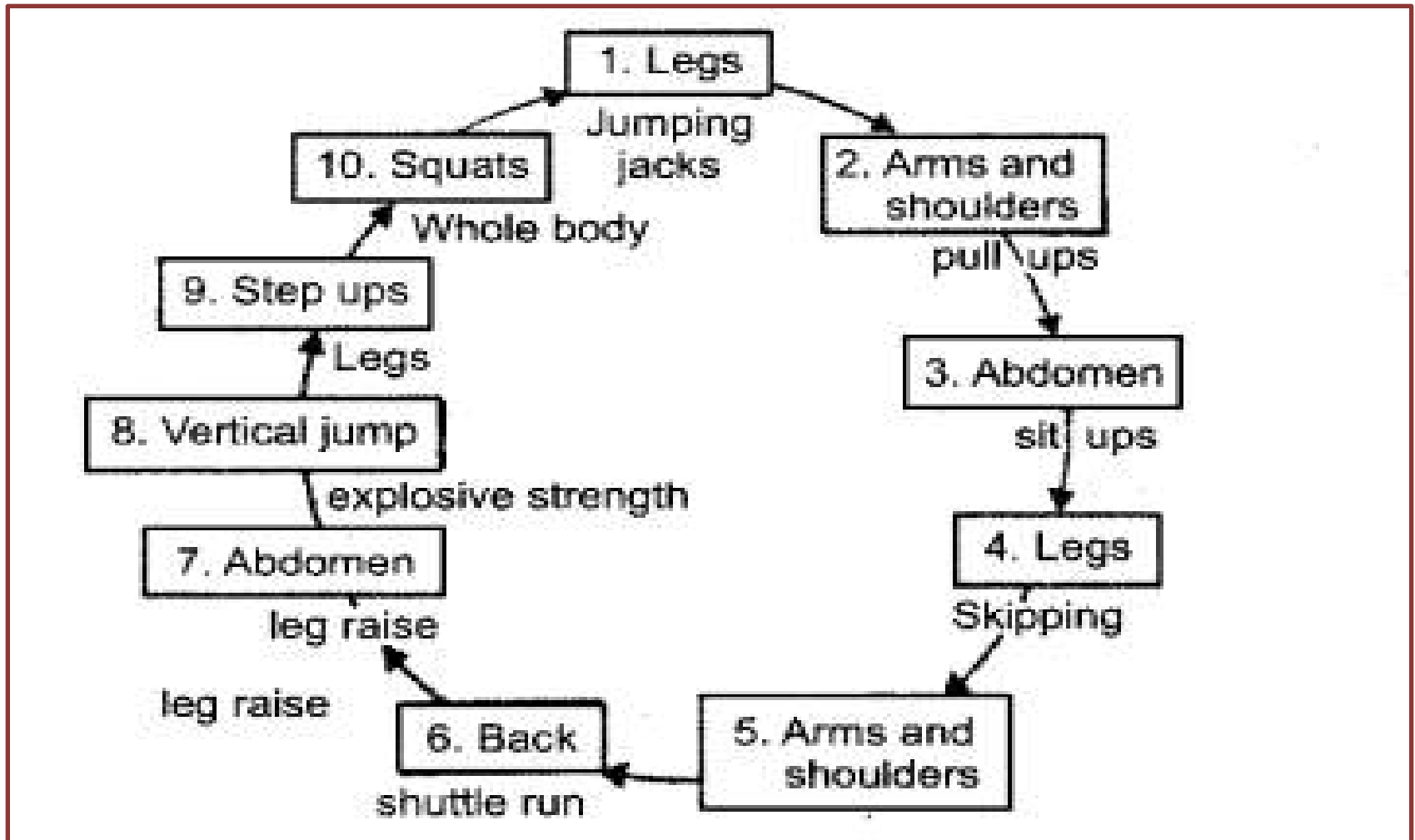
- Exercises must be simple to perform at a pre determined work rate.
- Exercise load repetition, (weight e.t.c.) must be on an individual basis.
- Exercise station should be arranged that the same muscle groups are not being used at successive stations.
- Usually select 8-12 exercises.
- Repeat circuit until target times is achieved.

# Continue.....

- Changes dosage and establish new target time.
- It involves exercise of whole body parts.
- Use correct order (sequence) of the exercises (no doubling up)
- Be sure that time of rest intervals includes rest time between each circuit.
- Use music if possible for motivation.



# Example of Circuit Training Exercises



## 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



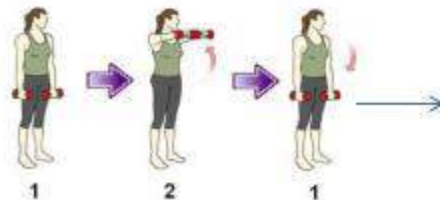
Resistance Bands



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



**THANK YOU**