

# Fitness Floor Basics

## Creating Your Own Circuit

Circuit training is a style of workout where you cycle through several exercises (5-12) targeting different muscle groups with minimal rest in between, resulting in a workout that taxes your muscular strength, endurance and cardiorespiratory system,

### Benefits:

- ✓ Improved muscular strength and endurance
- ✓ Improved cardiorespiratory fitness
- ✓ Calorie burn
- ✓ Boredom buster
- ✓ Quick and efficient

### The Basics:

- ✚ Large Muscle Movements should make up the bulk of your circuit
- ✚ Isolation exercises for smaller muscle groups can be used (sparingly)
- ✚ Movements that elevate the heart rate will help to increase the intensity and burn more calories
- ✚ Rest should be minimal between exercises
- ✚ A rest station can be added in between each round of your circuit for a more dedicated recovery time

### Things to consider:

- 1) Set your timeline – this will help you determine how many exercises to choose and how many rounds of your circuit you should complete.
- 2) Choose your template – for example:
  - a. Compound, Lower body, Upper Body, Cardio, Rest
  - b. Lower Body, Upper Body, Core, Cardio
  - c. Cardio, Push, Pull, Core
- 3) Choose a rep range or time limit (ie 12 reps of each exercise or 30 seconds)
- 4) Choose your exercises and implements (consider ease of transition from one exercise to the next and what equipment you have access to in close proximity)
- 5) Arrange your exercises so the same muscle groups are not targeted back to back (this is what allows you to limit dedicated rest during the circuit, as your lower body will recover if your next exercise is upper body, etc)

### Example:

Station	Exercise	Equipment
1 – Lower	Stiff Leg Deadlift	Dumbbell
2 – Upper	Push-up	None or box/step (if needed for incline)
3 – Cardio	Skipping	Rope or None
4 – Lower	Split Squats	None or Dumbbell
5 – Upper	Bent Over Row	Dumbbell

