

CIRCUIT TRAINING WORKOUT

WORKOUT GOAL	Improvement in cardio performance and high calorie burn					
WORKOUT DESCRIPTION	Complete consecutive full body exercises before repeating circuit					
SAFETY BRIEF	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions					
EQUIPMENT	Sandbell, ViPR, kettlebell, Bosu, TRX, plyo box					
DURATION	38 mins total. 4 x 6 min rounds. 5 min warm up. 5 min cool down					
WARM UP	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Bear crawl	Walking lunges	Press ups	Squats	High knees
THE WORKOUT	Session design & equipment			Methodology		
	Complete exercises A1-A6 consecutively. Take 1 min rest before you complete all 6 exercises again. Between each round take 1 mins recovery. Complete 4 rounds			The goal with circuit training is to maintain a consistent intensity for a schedule duration using a variety of exercises to target the entire body. Complete 30 secs of work followed by 30 secs of rest then move onto the next exercise. Complete consecutive exercises and then repeat the whole circuit again		
	Set	Exercise	Time	Equipment	Exercise recovery	Target reps
	A1	Overhead slam	30 secs	Sandbell	30 secs	10
	A2	Log press	30 secs	ViPR	30 secs	15
	A3	Kettlebell full swing	30 secs	Kettlebell	30 secs	20
	A4	Press up	30 secs	Bosu	30 secs	15
	A5	Inverted row	30 secs	TRX	30 secs	10
A6	Box jump	30 secs	Soft plyo box	30 secs	10	
COOL DOWN	5 mins stretching					
STRETCH	Complete each stretch for 30 secs	Child's pose	Cobra stretch	Hamstring stretch	Quadricep stretch	Chest stretch
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