

## Coach Roach's PHA (*Peripheral Heart Action*) Circuit – 11/4/2011

What does "peripheral heart action" mean? The term refers to a circuit where upper body and lower body exercises are alternated back and forth. What this does is force the blood flow to keep switching from different parts of the body as you change exercises emphasizing different muscle groups. It results in a more demanding workout for the cardiovascular system because the blood flow isn't able to get into an established pattern like it could if you were just working the same muscle groups.

**Remember to have a break in between each circuit but try to work solidly throughout.**

<b>Circuit#1</b> – 60 seconds x 2	18 mins work
<b>Circuit#2</b> – 30 seconds work / 10 seconds rest x 3	15 mins work
<b>Circuit#3</b> – 45 seconds work, 30 seconds plank	11 mins 15 secs work
<b>Total time</b>	<b>44 mins 15 secs of TOTAL work!</b>

### 1. Upper Body

- a. Hill Dips
- b. Flutters
- c. Press ups

### 2. Lower body

- a. Squats
- b. Lunges
- c. Hill reps (Bkwd up and fwd down)

### 3. Core

- a. Plank / \***Side Plank (45 secs each side with 30 second plank in middle)**
- b. Ab cycle
- c. Sky diver

**Order of exercises: 1A, 2A, 3A, 4A, 1B, 2B..... etc**

For more information on PT in the park, other circuits or personal training and nutrition please contact Dan 'Coach' Roach on: **07972275339** or email me at: **dan@coachroach.co.uk**.

**The Coach Roach Website is constantly being updated with other fabulous workouts, so for more information on group exercise, nutrition and personal training go to: [www.coachroach.co.uk](http://www.coachroach.co.uk)... Or 'like' the 'Coach Roach Personal Training' group on Facebook, for PT in the Park updates, top tips, up to date information as well as YouTube workout videos coming soon!**

