

## What are the Benefits of Circuit Training?

### **Q: What exactly is Circuit Training?**

A: Circuit training is a total-body workout that involves performing a series of different exercises in one training session. Typically alternating between intervals of strength training and cardiovascular exercise. Because the workout includes both strength and cardio training, exercisers can realize the benefits of both types of exercise.

### **Q: What are the strength benefits from Circuit Training?**

A: Some of the strength benefits from circuit training include increased strength, lean body mass, improved posture, enhanced muscle balance and increased bone density, which helps prevent osteoporosis.

### **Q: Can you get cardiovascular benefits from Circuit Training?**

A: Absolutely. Traditional strength training allows for heart rate recovery during the rest period between strength training exercises. Circuit Training on the other hand, keeps the exerciser's heart rate elevated and sustained above a resting level throughout the workout. This promotes cardiovascular conditioning and reduces the need for a separate cardiovascular component in the workout. Benefits of cardiovascular conditioning include improved energy levels, lower blood pressure, increased HDL (good cholesterol) levels, reduced risk of heart disease and improved endurance.

### **Q: What other benefits can you get from Circuit Training?**

A: According to research conducted by J.H. Wilmore, Circuit training programs burn more calories when compared to traditional strength-training programs due to the maintenance of an elevated heart rate and performing more work in less time. Research conducted by Pratley, Nicklas, and Rubin in 1994 shows us that the addition of cardiovascular exercise between strength exercises also increases lean body mass, which results in a higher resting metabolism. This means more calories are burned throughout the day.

### **Q: What are the benefits for personal trainers and fitness professionals with regards to Circuit Training?**

A: Circuit Training is the most efficient way to provide time constrained clients with simultaneous improvements in general conditioning, body composition, muscular endurance, muscular strength, and cardiovascular fitness.

## Circuit Workout – 19/05/2011

### Exercises

1. Squat row - Band
2. Lateral Squat - Band
3. Plank - Mat
4. Press up - Mat
5. Reverse lunge press – K.bell (R)
6. Reverse lunge press – K.bell (L)
7. Dips – Bench
8. Rock Climber – Bench
9. Sprint Knees – Bandstand (L)
10. Sprint Knees – Bandstand (R)
11. Lunge (or plyo-lunge)
12. Flutters

Each exercise is performed for 90 seconds. Remember don't forget the warm up and don't forget the cool down and stretch.

If you have any questions regarding this, or any other programme produced by Coach Roach Personal training please contact me on the details at the footer of this page or through the 'contact me' section of my web site ([www.coachroach.co.uk](http://www.coachroach.co.uk)).

Alternatively, if you are interested in Personal Training, other group exercise classes, nutrition workshops or a personally designed programme please get in touch.

### **DON'T FORGET...**

PT in the Park is on Monday at the Sports Village in Shrewsbury  
AND Thursday at the Quarry bandstand in Shrewsbury. Both from  
6pm-7pm.