



# Circuit Training



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**Whether you're a seasoned athlete or new to exercise, circuit training is a great way to challenge your body and have fun at the same time.**

A typical circuit training workout includes about 8-10 exercise stations. After completing a station, instead of resting, you move quickly to the next station. A muscular strength and endurance circuit alternates muscle groups, such as upper body, lower body and core, so little or no rest is needed in between stations.

### Advantages of Circuit Training

Boredom and time constraints are common reasons for giving up on a fitness routine. Circuit training offers a practical solution for both. It's a creative and flexible way to keep exercise interesting and saves time while boosting cardiovascular and muscular fitness.

### At Home

Set up strength and cardio stations indoors or outdoors. Cardio could include going up and down stairs, marching or jogging in place, running up and down the driveway, using home exercise equipment and jumping rope. For strength stations, do push-ups, planks and lunges, using your own body weight. You can also use dumbbells, bands and Kettle bells if equipment is available.

### At the Gym

Check to see, if your gym offers circuit training classes. You'll need to move quickly from station to station, so it's tough to do on your own during regular gym hours when others are using equipment.

### Be Smart

As with any new exercise, it is recommended to check with your doctor before starting a new activity. Listen to your body and modify exercises as needed to avoid injury.

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