



(U8L5R1) What is in a Circuit?

A circuit is a form of exercising or resistance training using many aerobic exercises (cardiovascular) as well as muscle building exercises. It targets strength building and muscular endurance. An exercise circuit is one completion of a list of exercises in the program. When one circuit is complete, the circuit starts again! Generally, the time between exercises in circuit training is short, and there is often quick movement to the next circuit activity.

A circuit should work each section of the body individually. Some examples of activities include:

Upper-body	Core & trunk	Lower-body	Total-body
Squat ups	Sit ups (lower abdominals)	Squat jumps	Burpees
Bench dips		Compass jumps	Treadmills
Back extensions	Stomach crunch (upper abdominals)	Astride jumps	Squat thrusts
Medicine ball chest pass	Back extension chest raise	Step ups	Skipping
Bench lift		Shuttle runs	
Inclined press up		Hopping shuttles	
		Bench squat	

