

# **TOTAL BODY CIRCUIT**

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## ***Introduction***

This circuit is 'cardio' based but still works all major muscle groups in the body. In terms of total fitness preparedness, compound movements (using more than one muscle group) are always more beneficial than isolated exercises and should be incorporated into training programs as much as possible.

## ***Screening***

Participants should complete base recommended pre exercise screening process.

## ***Class Description***

### **Duration:**

30 minutes to one hour (includes Warm Up, Cool Down/Stretch).

### **Exercise Intensity:**

Participants choose their own exercise intensity by using easier or harder version of the exercise.

### **Type of Exercises Used:**

Body resistance exercises such as Push Ups, Squats etc.

### **Equipment Needed:**

Mats, Boxes/steps, Dumbbells, jump ropes

### **Target Audience:**

Beginner to advanced exercisers.

## ***Menu of Circuit Stations (easy to difficult options for each exercise)***

### **Shuttle Run:**

Power Walk, Skip, Jog or Sprint

### **Crunches:**

Hands on thighs, across chest, or by side of the head

**Step Ups:**

Step Up, Step Up & Hop, Straddle Jumps

**Squats:**

½ Squat, Full Squat, Full Squat holding dumbbells

**Jog in Place:**

March, Jog, Jog with high knees

**Push Ups:**

Press Up from box/step, 3/4 Press Up, Full Push Up from floor

**Rope Skipping:**

Variations using feet together and alternate foot bounces

**Tricep Dips:**

Varying height of step or bench

**Jumping Jacks:**

Alternate Heel Jacks, Half Jacks, Full Jacks

**Alternate Side Crunches:**

Hands across chest or by side of the head

**Cardio Kicks (arms held in boxing stance):**

Front Kicks (low) alternate legs, Front Kicks (high) alternate legs, 2 Front/2 Side Kick (high) combination

**Lunges:**

In place, walking, or walking with dumbbells

***Comments***

Circuit class should alternate cardio and strength stations in any variation of exercises listed above.

30-40 minute class: Each station is 30 seconds. Walk/jog/run for 30 seconds around perimeter of circuit between each station. Repeat circuit.

One hour class: Repeat circuit twice.