

Total Body Circuit



Stage 1

Circuit #1

- Chair Squat
- Shoulder Bridge
- Counter Push-Ups
- Stationary Lunges

Perform 1-2x30 sec

Circuit #2

- Modified Jumping Jack
- Sumo Squat Hip Opener
- Counter Plank Hold
- Side Lunges

Perform 1-2x30 sec

Circuit #3

- Glute Extensions
- Prone Press Ups
- Knee Press
- Bird Dog

Perform 1-2x30 sec

Stage 2

Circuit #1

- Squat with Pulse
- Elevated Bridge
- Coffee Table Push-Ups
- Reverse Lunges

Perform 2-3x45 sec

Circuit #2

- Jumping Jack
- Sumo Squat with Pulse
- Coffee Table Plank Hold
- Curtsy Lunge

Perform 2-3x45 sec

Circuit #3

- Deadlifts
- Supermans
- Heel Drops
- Bear Crawl Shoulder Tap

Perform 2-3x45 sec

Stage 3

Circuit #1

- Jump Squats
- Single-Leg Bridge
- Floor Push-Ups
- Swing Lunges

Perform 3-4x60 sec

Circuit #2

- Jumping Jack with Punch
- Sumo Squat Jumps
- Floor Plank Push-Ups
- Side to Curtsy Lunge

Perform 3-4x60 sec

Circuit #3

- Single-Leg Deadlift
- Low Plank Leg Lift
- Leg Lift with Toe Touch
- High to Low Plank

Perform 3-4x60 sec

Complete Circuit Training Guide

Davis Phinney, Connie Carpenter



Complete Circuit Training Guide:

The Complete Guide to Circuit Training Debbie Lawrence, Richard (Bob) Hope, 2015-10-13 The Complete Guide to Circuit Training is the second edition of the definitive guide to planning and teaching a circuit class It is the established reference title on the subject for all group exercise instructors from trainees to the vastly experienced Circuit training is one of the original forms of group exercise and is still the most popular From fitness club classes through sport specific routines to the use in medical rehabilitation it has a very wide appeal This new edition has been completely updated to take full account of developments in the area and is now supported with detailed photography The book comprises four parts Circuit training and its role in fitness Planning and teaching Session structure Working with specific groups Written by two of the leading authorities on the subject it is sure to continue as a must have for all fitness professionals Formerly published as **Fitness Professionals Circuit Training** 2nd edition and now rebranded and in full colour in the Complete Guide series

The Complete Circuit Training Guide Edwin J. C. Sobey, 1979-11-01 Describes Paracourse fitness circuits and similar fitness trails which consist of exercise stations laid out along a running path explaining exercise training programs techniques for performing exercises and the effectiveness of such programs in improving strength flexibility and physical and cardiovascular fitness

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that addresses the needs of men and women of all ages The Essential Guide to Fitness Rosemary Marchese, Julie Taylor, Kirsten Fagan, 2019-04-30 Essential Guide to Fitness for the Fitness Instructor addresses SIS30315 Certificate III in Fitness The text is mapped to all core units and 12 electives of the qualification and contains rich foundation content on Anatomy Physiology and Nutrition as well as Fitness orientation programming WHS and equipment The structure of the text highlights learning outcomes and contains an abundance of application cases activities and quizzes Strong content on fitness for specific markets and populations supports the volume of learning for the core unit Recognise and apply exercise considerations for specific populations including chapters on older populations a NEW chapter on children and adolescents community fitness and facilitating groups Coverage on gym programs group exercise water based fitness and endurance training introduces students to the instruction of these varied types of fitness training Premium online teaching and learning tools are available on the MindTap platform Learn more about the online tools [cengage.com/au/mindtap](https://www.cengage.com/au/mindtap) *The Complete Guide to Circuit Training* , **Bodyweight Mastery: Unleashing Your Full Potential in Fitness** Michael Southern Sr. ,2024-02-11 Bodyweight Mastery Unleashing Your Full Potential in Fitness is your ultimate guide to achieving peak physical condition through the transformative power of bodyweight exercises Dive into a holistic approach to fitness that transcends traditional routines offering a comprehensive understanding of how to harness your body's potential for optimal health and well being Explore the fundamentals of calisthenics mastering essential movements like push ups pull ups squats and planks This book provides detailed instructions insightful tips and progressive workout plans suitable for all fitness levels Understand the science behind bodyweight training engaging multiple muscle groups enhancing flexibility and promoting functional strength Unlock the secrets of progressive overload and smart programming to ensure continuous growth in your fitness journey Bodyweight Mastery isn't just about physical strength it's a holistic approach that includes chapters on mobility flexibility and mindfulness Learn how bodyweight exercises sculpt your physique and improve mental resilience fostering a balanced and sustainable approach to overall well being Navigate a variety of workout routines tailored to specific goals from building muscle to shedding fat or improving endurance Clear illustrations and step by step guidance ensure you perform each exercise with confidence maintaining proper form for maximum results This book is not just a fitness guide it's a companion on your journey featuring inspiring success stories motivational anecdotes and expert insights Beyond the physical Bodyweight Mastery addresses mental barriers providing strategies to stay motivated set realistic goals and overcome challenges Whether you're a beginner starting your fitness journey or an experienced enthusiast seeking new challenges Bodyweight Mastery is for everyone With 2 000 characters this description captures the essence of a dynamic and engaging resource that guides you toward a healthier stronger and more vibrant life Unleash your full potential in fitness with this empowering book recognizing your body as your greatest asset **Training Manual** United States. War Dept,1923 **Training Manual** United States. Army. Signal Corps,1923 **United States Army Training Manual** U.S.

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