



Circuit Training Information



What is Circuit Training?

It's a form of training that can be organised to include many *different components* of fitness or to train a *specific aspect*.

It includes a series of exercises performed one after the other with a rest in between.

- What do you want to improve?
- How much space and equipment is available?
- How much work time should you have?

Advantages

- ✓ **Exercises** chosen can be **simple to complex**
- ✓ Circuits can be **tailored** to train different things e.g. particular muscle group=muscular endurance
- ✓ Allows for **variance** to suit fitness/level/age etc
- ✓ **Easy** to **monitor** & **alter** e.g. repetitions/rest period (known as the work/rest ratio)



Disadvantages

- ✗ Appropriate amount of **space** is required
- ✗ May require **specialist equipment**
- ✗ Difficult to gauge **work/rest ratio** at start

However, the **CGS Exercises Workout** is a circuit made so that it requires no specialist equipment and can even be done at home as all it requires is your own body weight and open floor space.

The **Levels** in place are there to help you pick the correct work/rest ratio.

You can expect the **Advanced** Level workout to take you approx. 25 minutes to complete.

Intermediate Level workout to take you approx. 20 minutes to complete.

Beginner Level workout to take you approx. 15 minutes to complete.

Heart Rate



Your heart rate is the speed at which your heart beats and is what you know and can feel as your Pulse.

! when working out, your **Heart Rate** should never exceed its maximum rate!

$$\text{Maximum Heart Rate} = 220 - (\text{your age})$$

e.g. $220 - (16)$ means your Max. Heart Rate at 16 years old = **204 Beats Per Minute**

You can measure your Heart Rate using a heart rate monitor e.g. Fitbit, Apple watch, Polar device, MyZone, or by finding your pulse in your wrist or on your neck using your fingers and counting how many beats you feel.

Whilst completing this circuit you can expect your Heart Rate to go as high as 90% of its max!
If you're working hard, you'd expect your Heart Rate to sit at 80-90% of its maximum BPM.

