

WHAT IS CIRCUIT TRAINING?



Circuit training is a fast paced body conditioning workout method that combines several strength training and high-intensity aerobic exercises (4 -10 exercises) to create a circuit.

1. Squats



60 secs

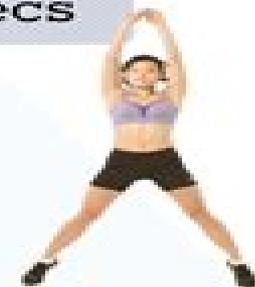
2. Push-ups

60 secs



3. Jumping Jack

30 secs



4. Lunges

45 secs *



6. Side Lifts



30 secs *

5. Plank



30 secs

Save Time With Circuit Training

Ying-Ying Zheng



Save Time With Circuit Training:

The Lazy Girl's Guide to Being Fit Namrata Purohit, 2015-07-21 Get smart get moving Most of us want to be fit and healthy but get stuck in a rut we just don't have the will power to get up and move What is the incentive for you to get off that couch and work out when you have all three seasons of Game of Thrones waiting for you Almost everyone wants to be fit but they just can't muster up the effort to do so If you are like them then this book is for you The Lazy Girl's Guide to Being Fit is about the first few steps you need to take to go from a sedentary lifestyle to an active one because that's the biggest challenge for a couch potato movement It's all about finding the balance in your life This book will show you how exercise can take the guise of several daily activities be it shopping or going on a picnic and how eating right can solve half your problems The easy and effective exercise routines contained here will get you fit in no time The body can be beautiful if you know how to put it to use and have fun doing so And this is exactly what this book will show you **Body Building Tools**

Derek Anthony, 2003 This book is ideal for gaining mass It also provides weight loss and weight gain If you want to get bigger stronger or just want to improve your body this book is for you The keys to gain access to your goals This book has been written in a formal manner and the main part of this book will consist of the following cycles micro meso and macro cycles

The Lazy Person's Guide to a Healthy Lifestyle Shu Chen Hou, Are you tired of all the complicated and time consuming methods to achieve a healthy lifestyle Do you find yourself overwhelmed by the fitness gurus and their intense workout routines Well it's time to embrace your lazy side and discover a whole new approach to wellness with The Lazy Person's Guide to a Healthy Lifestyle In this groundbreaking guide we debunk the myth that laziness and health are contradictory We'll show you how you can achieve a healthy lifestyle with minimal effort Say goodbye to exhausting workouts and restrictive diets it's time to work smarter not harder Our guide is packed with practical strategies and tips specifically designed for lazy achievers like you We'll help you set realistic and achievable goals break them down into manageable steps and provide you with strategies to effortlessly incorporate healthy habits into your daily routine Forget about spending hours in the kitchen We'll simplify meal planning and provide you with quick and easy recipes that require minimal time and effort You'll discover how to make nutritious choices without sacrificing taste or convenience When it comes to fitness we've got you covered Say goodbye to grueling workouts and hello to lazy fitness routines We'll introduce you to low intensity exercises that target multiple muscle groups simultaneously so you can get fit without breaking a sweat And for those busy days we'll show you how to incorporate movement into your daily activities for an active lifestyle But we don't stop at physical health We understand the importance of rest and recovery for your overall well being That's why we'll teach you the art of resting and provide strategies for incorporating relaxation into your busy schedule Get ready to sleep better reduce stress and experience profound benefits for your mental and emotional health And let's not forget about your mindset We'll explore stress management techniques mindfulness practices and strategies for cultivating a positive outlook Say goodbye to

negative self talk and hello to self compassion and self care The Lazy Person s Guide to a Healthy Lifestyle is your go to resource for achieving optimal health and well being without sacrificing your lazy nature It s time to embrace your unique approach to wellness and start living a healthier happier life with minimal effort Don t wait any longer Grab your copy of The Lazy Person s Guide to a Healthy Lifestyle and embark on a transformative journey towards a healthier you Say goodbye to the exhausting and complicated methods of the past and say hello to a new way of achieving wellness the lazy way Your health journey starts now **Smarter Workouts** McCall, Pete,2019 Smarter Workouts The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships all while targeting your personal goals **Training Manual** United States. War Dept,1923 **Weight Training for Cyclists** Eric Schmitz,Ken Doyle,2013-09-13 In addition to the powerful quads and chiseled calves they re known for cyclists need strong core muscles and solid upper body strength to use their power efficiently Weight Training for Cyclists is the only book available that shows cyclists how they can get stronger to ride stronger This revised second edition presents new information on core strength nutrition stretching and warm up Now comprehensively illustrated with easy to follow drawings the authors explain in clear terms how strength training in the weight room translates to endurance and power on the bike With the latest research on strength building buttressed by the most recent and effective equipment innovations Weight Training for Cyclists presents a series of training plans that require only a fraction of the time that cyclists spend in the saddle For newcomers and veterans alike Weight Training for Cyclists will become their fundamental guide to better performance *Time-saving Training for Multisport Athletes* Rick Niles,1997 Time Saving Training for Multisport Athletes makes better fitness and faster races possible in less training time Author Rick Niles easy to follow training system will raise your performance level to new heights in only five to nine hours of workouts a week The book provides many tips for training more efficiently and effectively and these features complete three week sample workouts for swimming cycling and running instruction on improving technique quick fixes and training drills and two week crash training schedule **Black Belt** ,1980-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Delavier's Women's Strength Training Anatomy Workouts* Delavier, Frédéric,Gundeill, Michael,2014-09-23 Best selling author Fr d ric Delavier introduces 42 programs for sculpting every region of the body Featuring 40 exercises targeted to the back shoulders abs buttocks legs arms and chest Delavier s Women s Strength Training Anatomy Workouts includes 171 photos and 442 remarkable anatomical illustrations **Training Manual** United States. Army. Signal Corps,1923 **Dodge Idea and**

Power and Transmission ,1919 **Telephony** ,1926 **Weight Training for All Sports** Howard Payne,Rosemary Payne,1979 Handleiding voor krachttraining met bijzondere aandacht voor de problematiek van de beginneling **The Complete Idiot's Guide to Short Workouts** Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts **Navy Training Courses** United States. Bureau of Naval Personnel,1957 *Journal of the American Judicature Society* ,1927 **United States Army Training Manual** U.S. Adjutant-general's office,1925 *Parliamentary Papers* Great Britain. Parliament. House of Commons,1919 Report Commonwealth Shipping Committee,1910 Athletic Journal ,1972 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting

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