

# 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 \*



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\* time per side

## 6. Side Lifts



30 secs \*

## 5. Plank



30 secs

# Save Time With Circuit Training

**Rosina Ehmann**



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