

# MAX

SPORT FITNESS

SAVE ON  
SUPPLEMENTS  
PG. 11

**TRIPLE  
THREAT  
TRIATHLETES**

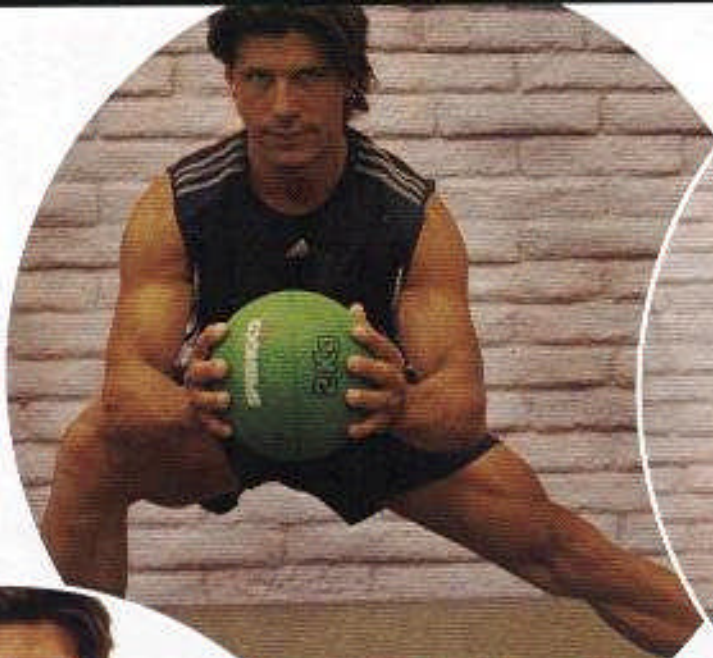
**CONQUER THE  
SWIM/BIKE/RUN**

**GET FIT  
ALL OVER**  
MINI CIRCUIT  
TRAINING

**SCIENCE**  
OPTIMAL  
OPTIMIZERS

**THE REAL DUMON**  
Q&A WITH IFBB PRO  
ANDREA DUMON





# CIRCUIT TRAINING

No more excuses. Get a great **full-body workout** with these four mini circuit training regimines

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Photos by Gaby Alonso







**W**hen most people are asked about their fitness goals, the answers most commonly given are the desire to "tone up," get lean or lose fat. When you ask them what the hold up is, the most common answer is "no time." This is where the concept of circuit training comes in handy.

Circuit training is an excellent way to simultaneously improve mobility, strength and stamina. The circuit training format utilizes a group of strength exercises or "stations" that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time period before moving on to the next exercise.

There are typically four to 12 exercises in a circuit. The exercises in each are separated by brief, timed rest intervals. Each circuit is separated by a longer rest period.

The equipment available will dictate the exercises you choose. In a circuit, the exercises are set so you don't work the same muscle groups one right after the other.

Turn the page for some mini-circuit training workouts that are fun, interesting and an efficient way to exercise. These workouts are designed to target the entire body as a whole, as opposed to targeting isolated muscles so you'll feel an all-over burn. And, since the entire body is moving continuously, all your muscles including the legs, glutes, abdominals, shoulders and arms will become more shapely and toned. Plus, you'll burn more calories in a shorter period of time.

Each mini-circuit targets the upper body, lower body, the core or abdominals followed by an integrated full body movement for that extra calorie burn. Because the human body adapts fairly quickly to exercise, there are four different mini-circuits of three groups of four exercises that increase in intensity. You may perform them in sequence, or mix them at your own pace to complete a circuit.

Just to note, there is no rest between exercises in each circuit (three circuits per training schedule) other than the time to transition from station to station. Perform each exercise for one minute each. Repeat them twice to get a really great full-body workout. ▶▶



Because there are so many exercises in the mini sets (next page), we couldn't show you every example. So, please ask a personal trainer at your gym or order the workouts on DVD by calling (800) 778-6060 or visiting [www.NCCPT.com](http://www.NCCPT.com).

## BENEFITS OF CIRCUIT TRAINING

- ✓ Trains the entire body in one session
- ✓ Improves all around fitness as opposed to fitness for a specific sport
- ✓ Elevates the heart rate and can improve cardiovascular fitness
- ✓ Elevates your metabolism
- ✓ Saves time
- ✓ Decreases risk of joint mechanical wear
- ✓ Addresses the body holistically



# CIRCUIT 1

- » Squat with a medicine ball and chest press
- » Reverse crunch with hands placed under the lumbar spine; 3 sec. reps
- » Seated or bent over row
- » Jumping jacks for one minute
  
- » Wood chop with medicine ball
- » Reverse crunch (knees together and lift towards the ceiling); 3 sec. reps
- » Push-up or chest press
- » Step-up
  
- » Lunge with medicine ball overhead toss (side to side)
- » Sit ups
- » Military press with dumbbells, tubing or medicine ball
- » 45 degree pattern with outstretched arms using a medicine ball

## EQUIPMENT

- ✓ Bench
- ✓ Step (preferably 8-12 in. high)
- ✓ Dumbbells 10-40 pounds
- ✓ Medicine ball 2-4 kg
- ✓ Tubing or a cable machine
- ✓ Exercise mat
- ✓ Pull-up bar or lat pull-down

# CIRCUIT 3

- » Dumbbell clean (squat, then raise dumbbells to shoulder height and return to floor)
- » Oblique crunch
- » Pull-up or lat pull-down
- » Lateral flexion with medicine ball
  
- » Hip extension on ball (lie on your stomach on the ball and with legs spread wide, raise them up)
- » Russian twist
- » Standing one arm chest press with a twist
- » Step-up
  
- » Lunge with a dumbbell curl to a military press (slow)
- » Crunches on stability ball
- » One arm bent over rows with a twist
- » Jumping jacks or mountain climbers

- » Squat with medicine ball between the legs, holding a dumbbell
- » The plank
- » Bent over row
- » Lateral step-up (bench sideways)
  
- » Hip extension on 45 degree bench, or supine bridge with hip extension
- » Leg raise
- » Incline chest press
- » Jump rope
  
- » Lateral lunges with medicine ball
- » Sit ups
- » Curls to tricep kickback
- » Torso circles with medicine ball

# CIRCUIT 2

- » Dumbbell clean with a military press
- » Sit-ups on ball with medicine ball or weight in hands
- » Lunge and alternating one arm rows with a twist (like starting a lawnmower) with cable or tubing
- » Lateral step-up
  
- » Hip extension (on your back) with feet on stability ball
- » Leg raise
- » Push-ups climb on a step
- » Step up
  
- » Lateral lunge to a press
- » Standing twist with tubing or cable
- » One arm snatch
- » Torso circles with medicine ball

# CIRCUIT 4