Circuit Training Study Guide

Definition(s):

What is circuit training? – It is a form of physical training combining resistance-training exercises with other various aspects of health improvement at a high intensity for a short period of time.

Frequency – How OFTEN you work out. A suggested guide is 3-5 times per week for beneficial results.

Intensity – How HARD you workout. Generally speaking, achieving 60 – 85% of your maximum heart rate is ideal.

Time – How LONG you workout. At least 30 minutes of exercise per session is ideal.

Type – What KIND of exercise? Strength/resistance training, cardiovascular training, plyometrics, core stability, abdominal strength.

Isolate – Focusing on the proper motion of the exercise to exercise that part of the body only.

Positive Motion – The initial movement of the exercise where you are moving the weight in an upward or outward fashion.

Negative Motion – The secondary movement of the exercise when you are controlling the weight back to its original starting position in a slow and controlled manner.

Plateauing – A period or state of little or no growth. This occurs after you perform an exercise for a given period of time and your body gets used to the movement.

Repetition/Set – A single movement within the exercise. Typically you want to complete a total of 12 in a circuit-training workout. Once you complete a total of 12 or as many as you can and rest, that is called a SET.

General Workout Guidelines

1. You want to do each movement as slowly as possible to achieve the goal of exhausting each muscle group.
2. Avoid swinging your whole body into a movement. Just focus on the one area you are working out. This will lead to better results and less chance for injury.
3. Using lighter weights is ideal for younger age levels because teenagers' bones are still in their growing phase. Heavier weights can damage bones and muscles at this age, so the focus is on lighter weights with more repetitions rather than heavier weights with lower repetitions.