

CIRCUIT TRAINING



Brought to you by:
The Coast Guard Health Promotion Program

SUPER CIRCUIT MODEL

OPTIONAL EQUIPMENT

Resistance tubing

Jump rope(s)

hand weight(s)

stability ball(s)

Medicine ball(s)

Kettle Bell(s)

Chair(s)

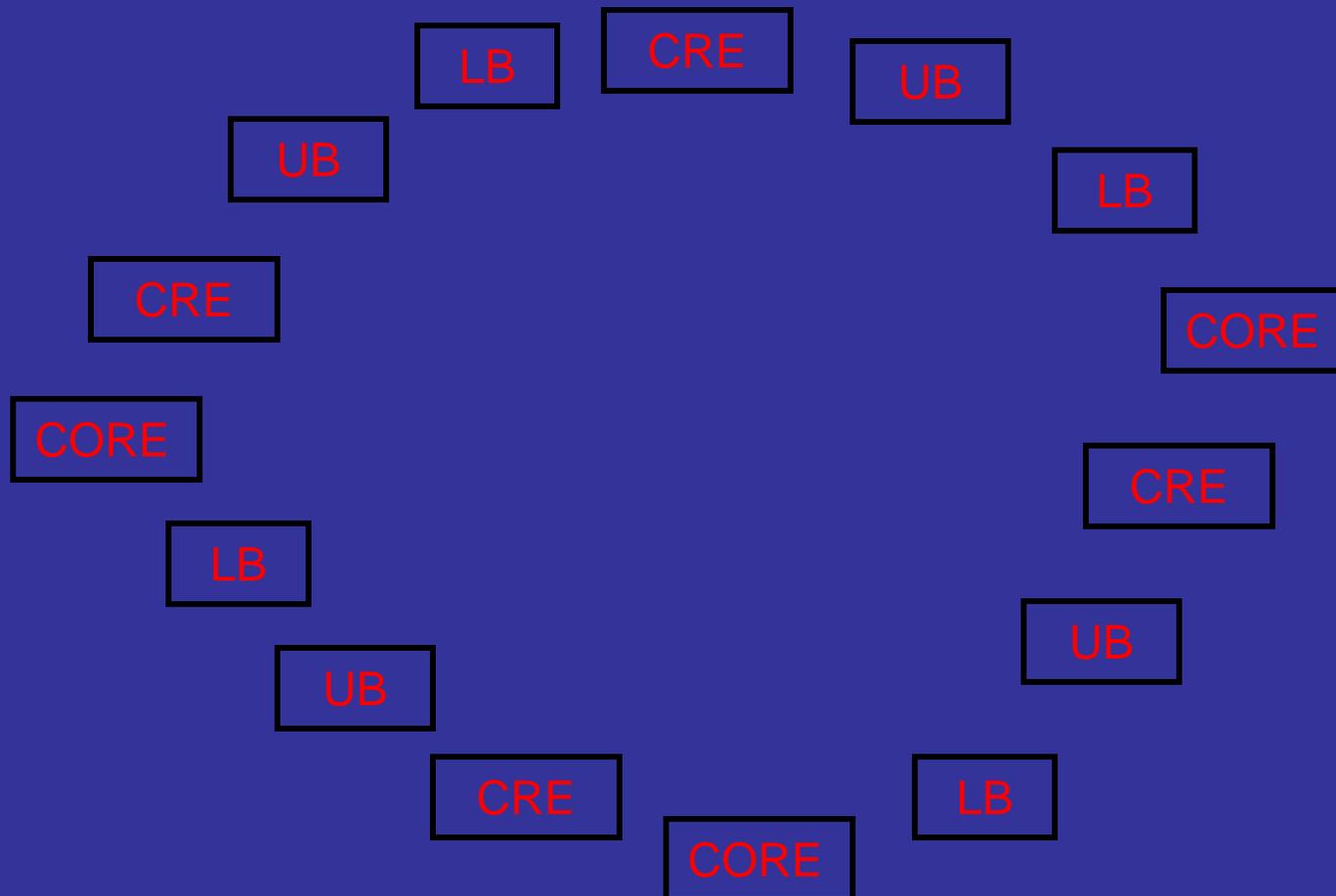
Music if desired

8 x 11 station signs & masking tape.

Cardio-respiratory Endurance (CRE); Upper Body Exercise (UB); Lower Body Exercise (LB); Core (CORE)

SET UP

Set up stations at follows:



PROCEDURES

- Start with a 5-10 min warm up consisting of easy movement in place and walking. Stretching is not necessary or advised.
- Participants will be at each station for 45-60 seconds with a 15 second jog/walk to the next stations. Cycle through the circuit 2 times, with a 2 minute jog between cycles.
- Perform an active cool down for a minimum of 5 minutes, including a slow walk around perimeter and stretching on the floor of major muscle groups (chest, shoulders, hamstrings, quads, calves, and low back).

WALKING LUNGES

(LB)



STEP UPS

(CRE)



SQUATS

(LB)



JUMPING JACKS

(CRE)



PUSH UPS

(UB)



JUMP ROPE

(CRE)



SIT-UPS

(CORE)



SIDE PLANK

(CORE)



UPRIGHT ROWS

(UB)



BICEP CURL

(UB)



SHUFFLE STEPS

(CRE)



SPRINTS

(CRE)



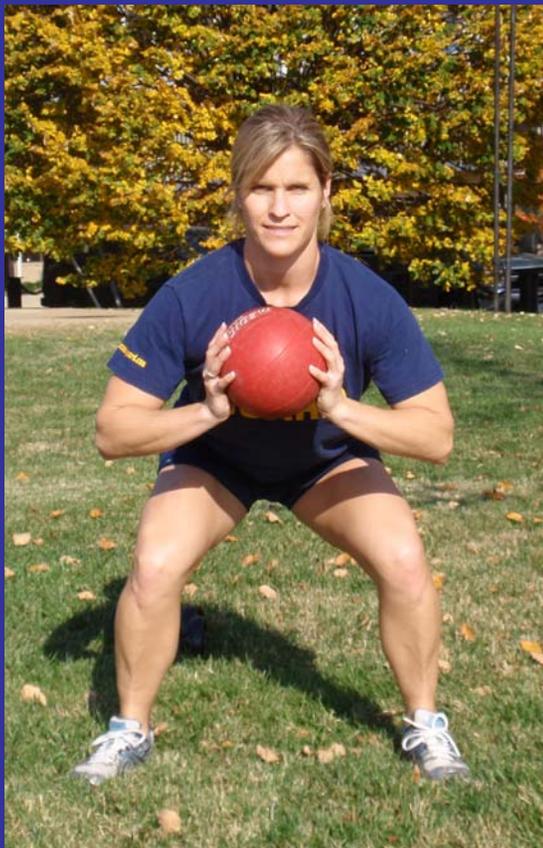
MOUNTAIN CLIMBERS

(CRE)



SQUAT JUMPS

(LB)



TRICEP DIPS

(UB)



BACK EXTENSIONS

(CORE)



360 LUNGE

(LB)



LOW BRIDGE

(CORE)



REVERSE FLYS

(UB)



FRONT PLANK

(CORE)



SCISSOR LEGS

(CORE)



CRUNCHES

(CORE)



SHADOW BOXING

(UB)



LATERAL RAISE

(UB)



HAMSTRING CURLS

(LB)



CHEST PRESS

(UB)



BALANCE LUNGE

(LB)



STAIR CLIMB

(CRE)



CHEST PRESS

(UB)



TOE TAPS

(CRE)



PUSH UPS ON BALL

(UB)



SHOULDER PRESS

(UB)



BALL TWIST

(CORE)



CRAB WALK

(CORE)



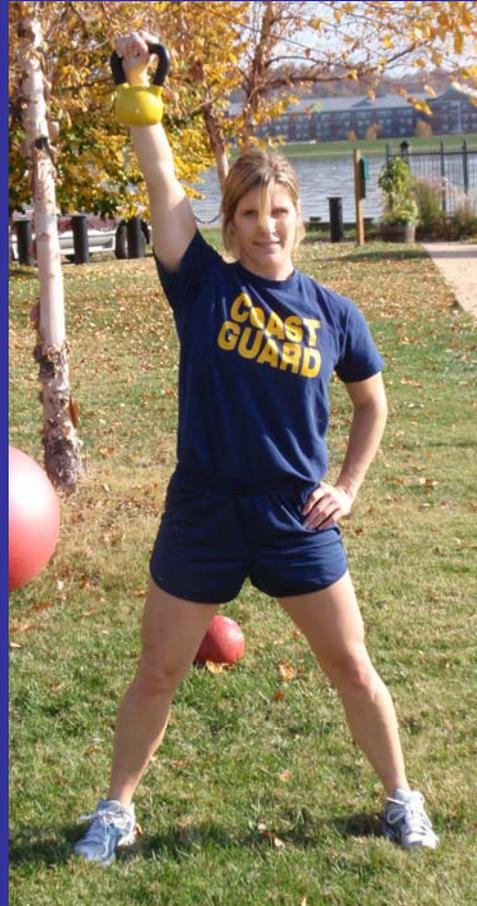
SUPER BALL SQUATS

(LB)



KETTLE BELL SWINGS

(UB/CORE)



BACK ROW

(UB)





BURPEES

(CRE)

