

Circuit Training Exercises

These circuit training exercises require only basic, inexpensive equipment - a set of relatively light dumbbells, skipping rope and an exercise mat for example.

Each of the circuit training exercises below has been grouped into one of four categories:

- **Total Body**
 - **Upper Body**
 - **Lower Body**
 - **Core Region**
-

Total Body Circuit Training Exercises

Squat Jumps

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
2. Arms should be in the ready position with elbows flexed at approximately 90.
3. Lower body where thighs are parallel to ground. Explode vertically and drive arms up.
5. Land on both feet and repeat.
6. Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

Burpees

1. Start in a standing position and bend your knees and place your hands on the ground.
2. Extend your legs back into a push up position. Bring your knees back in towards chest and stand back up.
3. This should be a continuous motion and be fluid.

Skipping

There are various types of skipping and they make excellent circuit training exercises - two feet off the ground, alternate feet, hop on one leg for 5 then swap and so on.

Dumbbell Squat and Swings

1. Start position: Holding a dumbbell in each hand start in squatted position with dumbbells between legs.
2. Start movement by standing up and keeping arms straight rotate shoulders and trunk towards the left.
3. Return to the starting position and repeat to the other side.
4. Repeat for the prescribed number of repetitions.

Tuck Jumps

Standing on the spot, jump up with both and tuck both knees in towards your chest.

Squat Thrusts

In a push-up position bring both knees in towards your chest and then explode out again so they are fully extended. Repeat in a smooth, rhythmical fashion.

Treadmills

Similar to squat thrusts only alternate your feet. In the push-up position with legs

extended bring one knee into your chest, then quickly switch to bring the other knee into your chest. The action should be a smooth running motion as your arms stay fixed.

High Knees

Running on the spot pick your knees up to waist height and pump your arms.

Fast Feet on Box

Use a sturdy box or aerobic step. Step on and off quickly making sure both feet come into contact with the box. Every 20 or 30 step-ups change your feet so the opposite leg leads.

Jumping Jacks

Start with your legs side by side and your arms by your side. In one motion jump and spread your legs out to the side while your arms raise out and up over your head. Land in this position and then return to the starting position and repeat.

Alternating Split Squat

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
2. Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
3. Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
4. Switch feet in the air so that the back foot lands forward and vice versa.
5. Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

Squat to Presses

Holding a relatively light dumbbell in each hand by your side, squat down until your knees are bent just above 90 degrees. As you extend your legs push the dumbbells overhead and extend your arms fully. Lower the weights as you squat down again.

Ricochets

Stand with your feet together and arms by your sides. Keeping your feet together jump forward a foot or so. Jump back to the starting position. Jump to your left, back to the start, then the right and then behind you. Repeat this sequence by keeping ground contact time minimal and feet together.

Cardio Equipment

If you're lucky enough to own any cardiovascular equipment (treadmill, cross trainer, rowing machine) they make good circuit training exercises. Of course if you perform your routine at the gym you have an even greater range of choice.

Upper Body Circuit Training Exercises

Dumbbell Exercises

There are dozens of upper body circuit training exercises you can do with dumbbells. Examples include biceps curls, lateral raises, alternating shoulder presses, triceps extensions, front raises, single arm rows.

Push-Ups

To make regular push-ups easier (remember you need to sustain them for 30-60 seconds), keep your knees in contact with the ground.

Wide Push-Ups

Same as a regular push-up except spread your hands to wider than shoulder width.

Diamond Push-Ups

Same as a regular push-up except place your hands together and make a diamond shape with your thumbs and forefingers.

Plyometric Push-Ups

Same as a regular push-up except as you extend your arms push up explosively so your hands leave the ground. Then allow your elbows to bend slightly to absorb the shock as you land. Lower and repeat. A variation of this exercise is to quickly clap your hands as they are in the air.

Bench Dips

1. Sit upright on the edge of a sturdy bench and place hands hip width apart, palms down, fingers pointing forward and gripping the edge of the bench. Place heels on another bench with legs out straight in front of you.
2. Start position: Slide glutes off bench with elbows slightly bent.
3. Lower body by bending at elbows until elbows are at 90 degree angle. Return to start position.

Lower Body Circuit Training Exercises

Dumbbell Exercises

As with the upper body there are dozens of circuit training exercises for the lower body you can do with a simple set of dumbbells. Examples include, squat variations, lunges, calf raises, dead lifts

One Leg Squat

This is one of the more difficult lower body circuit training exercises - even with just your own bodyweight. Make sure you build gradually up to this one...

1. Stand with feet hip width apart with knees slightly bent and toes pointing forward.
2. Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level.
3. Lower body by flexing at the hips and standing leg knee. Upper body can flex forward at the hips slightly (~5) during movement. Be sure to "sit back" so that knees stay over the feet.
4. For balance, hold on to a chair by your side. Once thigh is slightly above parallel return to start position.
5. Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Single Leg Kickbacks

1. Start in a four point position with your hands and knees on the ground.
2. Proceed to kick your leg back and up until you reach full extension.
3. Squeeze your glute muscle while performing this movement. Repeat with the other leg

Forward Lunges

1. Start by standing with your feet shoulder width apart.
2. Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to

about 90 degrees at the knee.

3. Maintain your upright posture throughout the movement. Return to the starting position and repeat on the opposite leg. 4. If you have them, hold a light dumbbell in either hand.

Box Step with Knee Drive

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a dumbbell in each hand.

2. Push off the box and explode vertically and drive your other knee up towards your chest. 3. Repeat with other leg.

Core Region Circuit Training Exercises

Sit-Ups with a Twist

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. As you come up twist one shoulder towards the opposite knee.

3. Return to start position and repeat with the other shoulder.

4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Supermans

1. Start position: Lie face down on floor with hands down at sides. You may place a rolled towel under forehead to clear face from floor.

2. Raise chest and head off floor keeping feet in contact with floor. To increase resistance, extend arms out in front like superman.

3. Do not raise head past 8-12 inches - excessive hyperextension may cause injury. To vary exercise raise feet while raising trunk.

Double Crunch

1. Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2. Start position: Hands behind head and knees bent at 90 degrees.

3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring knees towards chest.

4. Return to the start position.

V-Ups

1. Start position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.

2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.

3. Return to start position.

Oblique Crunch

1. Start by placing your left foot over your right knee and place your hands behind your

head.

2. Lift your shoulders up off the ground and twist so that your right elbows tries to touch your left knee.
3. Return to the starting position and repeat according to the required repetitions.
4. Repeat with the other side.

Hip Thrusts

1. Lie on your back with your legs bent 90 degrees at the hip.
2. Slowly lift your hips off the floor and towards the ceiling.
3. Lower your hips to the floor and repeat for the prescribed number of repetitions.

Push-UP Superman With Alternating Arms

Starting Position: Start the movement in a plank position. Holding that position raise your right arm and left leg off of the ground. Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds.

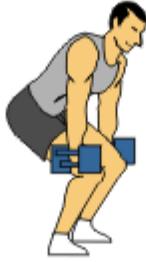
Bicycle Kicks

1. Lie on your back with your knees at chest level and your arms flat on the floor.
2. Alternate extending your legs by extending one leg out straight and as you bring it in extend the other leg out.
3. Continue to repeat this process like you are riding a bicycle until the required repetitions are completed.
4. Make sure you keep your back flat during the movement. If you are unable to keep your back flat then reduce the extension of your legs.

Exercise		Sets	Reps	Weight/ Resistance
	<p>Seated Bike Starting Position: Adjust the seat so that your legs have just a slight knee bend when your foot is at the bottom position. Increase the resistance until you are challenged yet can keep good cycling form.</p> <p>weightloss bootcamp workout tip: 2 min. high resistance moderate paced warm-up alternate for 4 min. between: 30 sec. moderate resistance fast paced interval 30 sec. moderate resistance moderate paced interval 2 min. low resistance moderate paced interval</p>			
	<p>Belly Blaster</p> <ol style="list-style-type: none"> 1. Start in a plank position with your elbows and forearms on the ground, your body parallel to the floor and up on your toes. 2. Make sure your belly button is drawn in toward your spine and raise your hips up into the air and hold for a 1 second count. 3. Return to the starting and repeat for the prescribed number of repetitions. <p>weightloss bootcamp workout tip: 30 reps</p>			
	<p>Bridge (Plank) on elbows</p> <ol style="list-style-type: none"> 1. Start by lying face down on the ground. Place your elbows and forearms underneath your chest. 2. Prop yourself up to form a bridge using your toes and forearms. 3. Maintain a flat back and do not allow your hips to sag towards the ground. 4. Hold for the required time limit or until you can no longer maintain a flat bridge. <p>weightloss bootcamp workout tip: 30 seconds</p>			

<p><u>Squat Jump</u></p> <ol style="list-style-type: none"> 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position. 2) Arms should be in the "ready" position with elbows flexed at approximately 90°. 3) Lower body where thighs are parallel to ground. 4) Explode vertically and drive arms up. 5) Land on both feet and repeat. 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.  <p>weightloss bootcamp workout tip: 30 seconds</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 200px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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<p><u>Side Plank</u></p> <ol style="list-style-type: none"> 1. Lay on the ground on one side. Raise your body using one forearm and support it in this raised position for the required time. 2. Lower your body and repeat on the other side. 3. Remember to keep your head, neck and body in a straight line.  <p>weightloss bootcamp workout tip: 15 seconds each side</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 200px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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<p><u>Supine Double Leg Raise</u></p> <ol style="list-style-type: none"> 1. Start by lying on your back and a slight bend in your knees. 2. Raise your legs to a perpendicular position to the floor. This is your starting position. 3. Slowly lower your legs until you are no longer able to keep your abs tight and your low back on the floor. 4. Raise your legs back up to the starting position and repeat. 5. Only lower your legs as far as your abs have enough strength for.  <p>weightloss bootcamp workout tip: 30 reps</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 200px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p><u>Jumping Jacks</u> Start with your legs side by side and your arms by your side. In one motion jump and spread your legs out to the side while your arms raise out and up over your head. Land in this position and then return to the starting position and repeat.</p> <p>weightloss bootcamp workout tip: 30 seconds</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 100px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p><u>Plank Knee-ins</u> 1. Start by getting on your hands and knees in a push-up position. 2. Keeping your abs tight and your trunk parallel bring one knee in towards your chest. 3. Return the foot back to the starting position and repeat with the other leg.</p> <p>weightloss bootcamp workout tip: 30 total reps</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 100px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p><u>Power boat pose</u> 1. Start by sitting on the floor and extending your legs and arms. 2. Lean back keeping your legs straight with your arms extended in front of you. 3. Hold this balanced position maintaining proper positioning for the desired time limit. 4. Rest and repeat for the desired repetitions.</p> <p>weightloss bootcamp workout tip: 30 seconds</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 100px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p>Power Jacks</p> <ol style="list-style-type: none"> 1. Start in a shoulder width stance with your knees slightly bent. 2. Jump up into the air and spread your legs out into a wide stance and land in this position. 3. Immediately proceed into a squat and then stand back up into a jump to land with both feet at a shoulder width stance. 4. Repeat this movement for the recommended repetitions. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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<p>weightloss bootcamp workout tip: 30 seconds</p>								
	<p>Elliptical</p> <p>Place your feet on the foot plates and grab the arm handles.</p> <p>Set your resistance so that it is challenging and start the elliptical motion by pulling machine arm with one arm and push the other machine arm.</p> <p>Pick a pace that will elevate your heart rate yet let you stay on the machine for a while.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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<p>weightloss bootcamp workout tip: 30 sec. moderate paced interval alternate for 2 min. between: 20 sec. fast paced intervals 10 sec. moderate paced intervals 30 sec. slow paced interval</p>								
	<p>Dumbbell Deadlift Row</p> <ol style="list-style-type: none"> 1. Start by holding dumbbells at your side. 2. Squat down until the dumbbells almost touch the ground. 3. Proceed to stand up and stop when your legs are semi straight and your back is at a 45 degree angle. 4. Now pull the dumbbells in towards your waist. 5. Return to the starting position and repeat. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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<p>weightloss bootcamp workout tip: Superset with the next two exercises. Perform 45 seconds of each then rest for 20 seconds and repeat two more times.</p>								

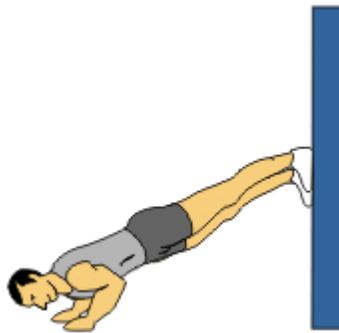


Bicep Curl with Hip Flexion

1. Start by holding a dumbbell in each hand.
2. Proceed to raise one leg off the ground and hold at a 90 degree angle.
3. Next perform your bicep curl maintaining your balance keeping your leg bent.
4. Perform half your repetitions and then switch legs to complete the other half.

Sets	Reps	Weight/ Resistance

weightloss bootcamp workout tip:



Chest/Shoulder handstand pushup

1. Start by placing your hands on the ground and then placing your feet up on the wall so that your are at least at a 45 degree angle.
2. Proceed to bend your arms into a pushup position until you have reached your full range of motion.
3. Extend your arms and return to the starting position and repeat for the desired repetitions.

Sets	Reps	Weight/ Resistance

weightloss bootcamp workout tip:

You can also prop feet on chair, bench, or ball.



Walking Lunge with Dumbbell

1. Start position: Stand with feet hip width apart. Hold a Dumbbell in each hand.
2. Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
3. Push body up and move the back foot beside the front foot. Alternate feet and repeat.
4. Remember to keep head and back upright in a neutral position.

Shoulders and hips should remain squared at all times.

5. Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Sets	Reps	Weight/ Resistance

weightloss bootcamp workout tip:

Superset with the next exercise. Perform 45 seconds of each without resting in between then rest for 10 seconds and repeat.

	<p><u>DB squat and press</u></p> <ol style="list-style-type: none"> 1. Start by holding the dumbbells at shoulder level. 2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended. 3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position. 4. Repeat this movement for the recommended repetitions. <p>weightloss bootcamp workout tip:</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p><u>Quad Psoas Stretch</u></p> <ol style="list-style-type: none"> 1. Start by placing one knee on the balance disc with the foot on top of the stability ball. 2. Your other leg should be bent 90 degrees at the knee with your foot flat on the floor. 3. Slowly slide your foot on the floor forward and lean with your upper body towards the floor until a comfortable but moderate stretch is felt. 4. Return to the starting position and repeat or hold for desired amount of time if you would like. 5. Repeat with the other leg. <p>weightloss bootcamp workout tip: You can also use a bench or wall to prop back foot up. Make sure tailbone is tucked under and back knee is directly under hip and front knee directly over heel.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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	<p><u>Back (wall stretch)</u></p> <p>Reach out and place your hands onto a wall. Now bend forward so that your shoulders are below your hands. Shift your hips backwards yet keep your hands on the wall. Hold this position to stretch your back and shoulders.</p> <p>weightloss bootcamp workout tip:</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="height: 150px;"></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance			
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Chest (doorway)

Place an outstretched arm against a wall or doorway and lean forward with that shoulder.

You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds.

Repeat with the other arm.

weightloss bootcamp workout tip:

Sets	Reps	Weight/ Resistance



Lateral Bend Straddle

1. Start by placing your feet as far apart as possible and your hands overhead.

2. Lean to a side and try to reach ankle with your hand.

3. Remember to keep your body parallel and do not lean forward or backwards.

4. Hold for the prescribed time and repeat to the other side.

weightloss bootcamp workout tip:

tip:

Tuck tailbone under to protect low back and back of knee.

Sets	Reps	Weight/ Resistance