

CIRCUIT TRAINING:

Fitness can be divided into five main categories: aerobic fitness, muscular strength, muscular endurance, flexibility, and body composition. This section aims to develop your body in each of these categories.

The key objective is to maintain a high intensity for the duration of your routine. Move swiftly from one exercise to the next taking as little rest time as possible. When it comes to shedding pounds, no workout is more conducive to that goal than circuit training.

Training all the major muscles groups in one routine revs up activity in all the muscle cells, which increases the metabolic rate for up to 48-hours after exercising. This means you will actually burn calories while sitting around doing nothing after your workout.

According to the American College of Sports Medicine, the gold standard authority on personal fitness, you should workout for at least 25 minutes per routine for best results.

As you improve your muscular endurance, increase the circuit time for the cardio exercises from 40 seconds to at least 1 minute.



1. LUNGES: With a band stabilized under your foot, take one giant pace forward and lower yourself until the opposite knee almost touches the ground. Push yourself up through your front thigh; step your front leg back to starting position.



2. BANDBELL CURLS: With hands about shoulder width apart, keep your elbows planted by your side and slowly curl your arms up in an arch toward your shoulders. Hold briefly at the point of maximum resistance and squeeze biceps before slowly releasing back to starting position.

3. BURPIES: Starting in an upright position:

1. Bend over and touch hands to floor.
2. Kick feet out quickly into a push-up position.
3. Drop down and do one push-up.
4. Hop feet back to hands.
5. Stand up and jump as high as you can.
6. Repeat.



4. SEATED ROWS: With your arms extended forward, squeeze your shoulder blades together as you pull the band back as far as you can toward your stomach.



5. THE HYPEREXTENSION: Wrap one band around a front post with the anchor point height around bellybutton level. Pull your torso back using your core muscles until your back is almost flat against the floor. Slowly return to starting position keeping your back straight.



6. INCLINE BENCH PRESS: With your elbows out, push your arms up at a 45° angle.



7. SQUAT-SKIER: Starting in a fetal position with knees close to chest, simultaneously push yourself up to a bent-over position while extending your arms back. Return to starting position while drawing your arms forward again. Keep your body weight on your heels.



8. JUMPING JACKS: Starting in an upright position with your feet together, bend your knees and hop your feet out to a half-squat position as you laterally raise your arms overhead. Then hop back to starting position while lowering your arms back to your sides. Stay on the balls of your feet.



9. TRICEPS PUSHDOWN: With elbows planted by your sides, push the band down and fully extend your arms. Pause and flex your triceps at the bottom before returning to starting position.



10. THE SQUEEZE: Fasten, stabilize or wrap a band around an overhead post and grasp the free end(s) in each hand by your forehead or on either side of your temples. Bend over at the waist and pull your torso down using your core.



11. THE OBLIQUATORY: Lie flat on your side with your knees bent and your feet tucked in. Cup your hands behind your head and raise your shoulders and upper back vertically off the floor by squeezing your oblique muscles. Hold briefly before returning to starting position. Alternate sides when finished.

12. THE SUPERMAN: Lie in a prone position with your arms extended in front of you. In one fluid motion, raise your legs, arms and shoulders off the ground. Keep your abs tight to absorb the tension. See how long you can hold it.



13. THE BICYCLE: Rotate by bringing one elbow to the opposite knee, then kicking that leg forward and bringing your other elbow to the opposite knee. Keep your core tight!



14. LOWER BACK LUBRICATOR: Wrap one or multiple band(s) around a front post. Keep your feet planted and slowly bow down, drop your buttocks and extend your arms forward. Unlock your hip joints and feel the stretch in your lower back. Slowly wiggle your buttocks from side to side to stretch your entire lower back region.



DISCLAIMER: There are inherent risks in any physical activity and resistance training is no exception. The exercises in this guide and any other exercise programs may result in injury. To reduce the risk of injury, consult your physician before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation. Rubberbanditz, LLC, disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel fatigued, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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