1. **Implementing Circuit Training into Your Program**

   Boo Schexnayder

2. **Circuit Training**
   - What is a Circuit?
     - Collection of Exercises
     - Scripted
     - Defined Purpose
     - Stations or Not?
   -

3. **Circuit Construction**
   - Common Modalities
     - General Strength Exercises
     - Medicine Ball Exercises
     - Jumping Exercises
     - Weightlifting Exercises
   -

4. **Circuit Design**
   - Setting Parameters
     - Exercise Choices
     - Work Times
     - Rest Times
     - Add Ins
     - Ease of Administration
   -

5. **Lactate Basics**
   - Lactate Shock
   - Lactate Benefits - Endocrine Fitness
     - Hormonal Responses and Restoration
     - Hormonal Responses and Training Reception
   - Lactate - Periodization
   - Implications for Circuit Training
     - Lactate Production – Challenging Work
     - Power Output
   -
   -
   -

6. **Restoration Recipes**
   - Mild to Moderate Glycolytic Work and Lactate
   - Volume Based Endocrine Stimulation
   - Mild Eccentrics

- Training Diversity

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7 **Power Output**
- Balancing Fatigue and Performance
- Maintaining Power Outputs
- Rest Needs
- Trial and Error and Workout Alterations

8 **Advantages of Circuit Training**
- Developing Whatever
- Developing Aerobic/Anaerobic Fitness
- Developing Endocrine Fitness
- Accelerating Recovery
- Enhancing Glycogen Storage
- Minimizing Repetitive Movements
- Minimizing Injury Risk
- Bad Weather and Space Options

9 **General Strength Circuits**
- Purposes
  - Fitness Gains
  - Endocrine Fitness
  - Coordination, Strength, Mobility Improvements
  - Accelerated Recovery
  - Injury Risk Mitigation

10 **General Strength Circuits**
- Types of General Strength Circuits
  - Calisthenics
  - Specialized Calisthenics
    - Abdominal/Spinal
    - Lower Leg Conditioning
  - Stability Circuits

11 **General Strength Circuit Constructs**
- Rotational Constructs
- Bunched Constructs

12 **General Strength Exercise Examples**

13 **General Strength Circuit Construction**
- General Strength Circuits for Fitness Development
  - Exercises for all Body Parts – Rotational or Bunched

- Calisthenics and Specialized Calisthenics
- Gross, Simple Movements – Lots of Muscle Tissue
- 12-16 Total Sets of Work
- Mix Hard/Easy
- Work Intervals of 15-30 seconds
- Work to Rest Ratio 2:1 or 1:1
- Total Length 8-12 minutes
- 1-2 Circuits (possible Mix)

14 **General Strength Circuit Construction**

- Scramble Circuits for High-End Fitness Development
  - Rotational Constructs
  - 10-12 Sets
  - Gross Callisthenic Exercises
  - Short (10m) Sprints and Other Fun
  - Work Intervals of 15-30 seconds
  - Work to Rest Ratio 1:2
  - Total Length 8-12 minutes

15 **General Strength Circuit Construction**

- General Strength Circuits for Recovery Enhancement
  - Exercises for all Body Parts – Rotational Constructs Only
  - Challenging Ranges of Motion
  - General Calisthenics or Functional Exercises
  - 12-16 Sets
  - Mix Hard/Easy
  - Work Intervals of 15-20 seconds
  - Work to Rest Ratio 1:1
  - Total Length 8-12 minutes

16 **Sample Callisthenic Circuits**

17 **Sample Specialized Callisthenic Circuits**

18 **General Strength Circuit Construction**

- General Strength Circuits for Stability
  - Specialty Exercises
  - 10-12 Total Sets
  - Mix Body Parts/Positions
  - Work Intervals of 15-30 seconds
  - Work to Rest Ratio 1:1:1 (L:R:Rest)
  - Total Length 8-12 minutes
  - Cautions about Overuse and Exercise Choice

19 **Sample Stability Circuit**

20 **Medicine Ball Circuit s**

- Purposes
  - Fitness Gains
  - Endocrine Fitness
  - Coordination, Strength, Mobility Improvements
  - Accelerated Recovery
  - Injury Buffer
  - Advanced Impact and Core Training

21 **Medicine Ball Circuits**

- Types of Medicine Ball Work
  - Calisthenics
  - Catch – Toss Work
-

22 **Medicine Ball Exercise Examples**

23 **Medicine Ball Circuit Construction**

- Fitness Development
  - 10-15 Sets
  - Exercises for all Body Parts
  - Mix Hard/Easy
  - Mix Callisthenic and Catch-Toss Work
  - Work Intervals of 20-40 seconds
  - Work to Rest Ratio 2:1 or 1:1:1
  - Total Length 8-12 minutes
  - 1-2 Circuits (possible Mix)
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24 **Medicine Ball Circuit Construction**

- Recovery Enhancement
  - Exercises for all Body Parts
  - 10-15 Sets
  - Mix Hard/Easy and Callisthenic/Catch-Toss Work
  - Work Intervals of 20-30 seconds
  - Work to Rest Ratio 2:1 or 1:1:1
  - Repetitions (8-15) – A Better Option
  - Keep Power Output High
  - Multiple Circuits a Possibility
-

25 **Sample Medicine Ball Circuits**

26 **In Place Jump Circuits**

- Purposes

- Fitness Gains
- Elastic Strength Improvements
- Building Plyometric Volumes Safely
- Injury Prevention via Diversity

27 ☐ **In Place Jump Circuits**

- Types of In Place Jump Work
  - Easy/Hard
  - Deep/Shallow
  - Complex/Simple
  - Double Leg/Single Leg

28 ☐ **In Place Jump Exercise Examples**

29 ☐ **In Place Jump Circuit Construction**

- In Place Jump Circuits for Fitness and Plyometric Base Development
  - Mix Hard/Easy, Deep/Shallow, Simple/Complex
  - Difficulty of Circuit Determines Single/Double Leg Choices
  - Total Sets 10-16
  - Work Intervals of 12-20 seconds
  - Work to Rest Ratio 1:2 except in Remedial Cases
  - Keep Power Output High
  - Total Length 8-16 minutes – Subcircuits Possible

30 ☐ **Sample IPJ Circuits**

31 ☐ **Bodybuilding Circuits**

- Purposes
  - Fitness Gains
  - Coordination and Strength Improvements
  - Accelerated Recovery and Endocrine Fitness
  - Glycogen Depression and Compensation

32 ☐ **Bodybuilding Circuits**

- Characteristics of Bodybuilding Exercises
  - Variety of Body Parts
  - Smaller Muscle Groups
  - Simple or Complex
  - Mix of Flexions, Extensions, and Rotations

33 ☐ **Bodybuilding Exercise Examples**

34 ☐ **Circuit Construction**

- Bodybuilding Circuits for Endocrine Fitness, Recovery, Glycogen Replenishment
  - Exercises for all Body Parts
  - Mix Flexions, Extensions, Rotations
  - Exercise Order Should Enhance Difficulty

- 24 Total Sets
- 10 Repetitions
- Loads - Feel Number 10
- Recoveries of 60-90 seconds

35