

Circuit training

The idea of circuit training is to train numerous motor abilities at the same time. Generally circuit training is to provide a workout to specific muscles in a specific order. The training involves a series of exercise stations forming a circuit which a person progresses as rapidly as possible. A different activity/exercise is performed at an each station in a given sequence. The stations braining several exercises are to be done one after the other. In other it can be describe as continuous exercise with moderate weight. This type of training usually use own body weight as resistance, such as press-ups or jump squats and can be as hard a workout as you want it to be. However, it should be moderate intensity and can often be performed 2-3 times a week by fitness enthusiasts. It usually only takes 24 hours to recover from this type of workout. There is a misconception about circuit training that it has to incorporate endurance activities and must take place in a covered room with stations set up closely next to one another. This type of training can take many forms and might consist purely of resistance exercises. This system is very effective to improve strength endurance and how it is designed accordingly. It is also effective to improve the explosive strength but mainly used for strength endurance. Circuit training is an alternative of the interval method. The only difference is that the circuit training has a more versatile influence on the muscular system due to the engagement of different exercises effects and less intensity. In this method a circuit of 8 – 12 exercises are designed.

Intensity	30 – 50%
Duration	30 – 90 seconds
Set	03 - 05 sets for the beginner and for advance athletes depend on fitness level,
Repetition	10 - 12 for the beginner and for advance athlete's repetition is increased according to the fitness level,
Recovery between station/sets	Short and incomplete, heart rate should not go below 120 – 140 beats,
Recovery between rounds	Long and complete with high volume,