

WHAT IS CIRCUIT TRAINING?



Circuit training is a fast paced body conditioning workout method that combines several strength training and high-intensity aerobic exercises (4 -10 exercises) to create a circuit.

1. Squats

60 secs



2. Push-ups

60 secs



3. Jumping Jack

30 secs



4. Lunges

45 secs *



5. Plank

30 secs



6. Side Lifts

30 secs *



Save Time With Circuit Training

Christian Drosten

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Save Time With Circuit Training:

Eventually, you will unconditionally discover a further experience and talent by spending more cash. nevertheless when? realize you take on that you require to get those all needs later than having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more in the region of the globe, experience, some places, past history, amusement, and a lot more?

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