

CIRCUIT TRAINING

Trainer: _____







KEY POINTS

1. Circuit training is an effective way at combining cardio and resistance training.
2. Take 20-30 minutes to run through this efficient, callisthenic workout - all you need is a deck of cards!
3. Complete a proper metabolic warm-up, and then perform the routine below for a total of 2-3 sets, resting 60 seconds between each.
4. See the back of this page for what exercises correspond to each suit, as well as number of reps dependent on card number.

Circuit	Exercise (See table on back)	# of Reps (See table on back)	Sets	Rest
A1	Based on Card Suit	Based on # on card	2-3	45-60 sec.
A2	Based on Card Suit	Based on # on card	2-3	45-60 sec.
1 minute rest				
B1	Based on Card Suit	Based on # on card	2-3	45-60 sec.
B2	Based on Card Suit	Based on # on card	2-3	45-60 sec.
1 minute rest				
C1	Based on Card Suit	Based on # on card	2-3	45-60 sec.
C2	Based on Card Suit	Based on # on card	2-3	45-60 sec.
Cool Down				

See back for info



Example	Card Suit	Exercise
	Hearts	Push Ups
	Spades	Squats or Squat Jumps
	Clubs	Sit Ups or Crunches
	Diamond	Burpees
	Joker	1 st : Mountain Climber
		2 nd : 90-Second Plank
Number Card		# of Reps
Jack	11	
Queen	12	
King	13	
Ace	14	