Super Circuits

Circuit Training was developed by R.E Morgan and G.T Anderson in 1953 at the University of Leeds In England

Circuit Training is defined as number of carefully selected exercises arranged consecutively

Original circuits had 9 -12 stations and participants moved from station to station with little or no rest

Goals of Circuit Training

Development of the muscular and respiratory systems

To train all components of Fitness

- Muscle Strength
- Muscle Endurance
- Cardiovascular Fitness
- Flexibility
- Balance

Circuits can be designed to achieve general fitness or for sport specific conditioning

Benefits of Circuit Training

Studies have shown participating in 1 -2 circuit classes can dramatically improve fitness levels

Participants are treated as and can perform as individuals - suitable for all levels of fitness

Circuits can be developed to meet a variety of goals and availability of equipment, space, and time. Circuits work great outdoors

If minimal equipment is available i.e. two body bar, one stability ball a circuit is a great place to use this equipment

Psychologically rewarding

Fun factor and Diversity - keeps participants interested and motivated

Generally involves compound exercises i.e. those using more than one muscle group at a time = more efficient

MAXIMUM RESULTS IN MINIMUM TIME

Key Points when Designing a Circuit

* Know your group
* Number of participants
* Goals of circuit i.e. general conditioning, sport specific etc.
* Amount of time available for circuit class
* Determine length of intervals, number of circuits, number of stations, time spent and number of sets at each station, intensity and speed at which each activity is performed

Generally 15 - 60 seconds at each station with a 15 - 30 second break or no break in between. 8 - 20 reps depending on goals i.e. muscle strength 8 - 12 reps, muscle endurance 15 - 20 reps

Can add a 30 second to 3 minute cardiovascular station between stations

* Equipment and space available
* Sound system/music
* Clear and easy to follow circuit cards, list modifications on the cards
* Plan for all components of fitness
* Plan stations to insure a balanced workout
* Apply fitness principles such as overload principle, said principle etc.
* Circuit needs to follow a logical order and be an easy to follow plan

Conducting A Circuit

* Plan and physically perform circuit yourself
* First Class -Review proper technique and body positioning
    - Teach and demonstrate the exercises
    - Explain circuit layout and time spent at each station
    - Give permission to work at individual level of abilities
* Begin with a warm up
* Monitor participants for safety and proper technique
* Encourage group as a whole and if feasible try to make contact at least once with each participant during the class
* Be prepared to modify on the spot
* Plan an adequate cool down
* Be available to answer individual questions after class
* Keep records of the circuits for future planning

The success of the circuit will depend on the planning ahead of time, the skill of the circuit leader and the ability of the class