

# QUICK CIRCUIT WORKOUT OPTIONS

## THE 7 MINUTE WORKOUT

Exercises are performed for 30 seconds, with 10 seconds of transition time between bouts. Total time for the entire circuit workout is approximately 7 minutes. The circuit can be repeated 2 to 3 times.

1. Jumping jacks - Total body
2. Wall sit - Lower body
3. Push-up - Upper body
4. Abdominal crunch - Core
5. Step-up onto chair - Total body
6. Squat - Lower body
7. Triceps dip on chair - Upper body
8. Plank - Core
9. High knees/running in place - Total body
10. Lunge - Lower body
11. Push-up and rotation - Upper body
12. Side plank - Core

### Helpful Websites

#### **FITNESS:**

Oxygen, Bodybuilding.com, Women's Health & Fitness, Men's Health & Fitness

#### **NUTRITION:**

Gracious Pantry, Spoonful of Sugar Free, Eating Bird food, Skinny Ms, Katies Desserts, Skinnytastes, Green Kitchen,

# 1. Pyramid Workout

## Pyramid Circuit Structure

- Contains levels of increasing reps. At each level, every exercise is performed.
- The pyramid begins with low reps and increases in number each level. Once the top level has been completed, the subsequent levels decrease the required number of reps.
- Between each level a rest should be provided. 30 sec - 2 minute is ideal (increase rest with reps).
  - o Example Structure
    - Level 1 – 2 reps of each exercise
    - Level 2 – 4 reps of each exercise
    - Level 3 – 6 reps of each exercise
    - Level 4 – 8 reps of each exercise
    - Level 5 – 6 reps of each exercise
    - Level 6 – 4 reps of each exercise
    - Level 7 – 2 reps of each exercise
  - o Structure can also be reversed – Aka. Start and end with 8 reps

### Sample Pyramid Circuit

#### Pyramid Circuit Exercise Examples:

1. Squat with side kick
2. Seal Jacks
3. Crunches
4. Mountain climbers
5. 1 Leg row with leg extension
6. ½ hold push-ups
7. High knees
8. Plank
9. Pile jumps
10. Burpees

#### Pyramid Structure

- Level 1 – 2 reps of each exercise
- Level 2 – 4 reps of each exercise
- Level 3 – 6 reps of each exercise
- Level 4 – 8 reps of each exercise
- Level 5 – 6 reps of each exercise
- Level 6 – 4 reps of each exercise
- Level 7 – 2 reps of each exercise

## 2. Tabata

- Vigorous exercise for 20 seconds with a 10 seconds rest
- One Tabata = 4 minutes = 8 cycles of 20 seconds on and 10 seconds off
- Minimum two Tabata's
  - o Structure Examples
    - Cardio Example
      - 20 second sprint
      - 10 second rest
    - Strength Example
      - Single activity
        - o Multiple Tabata's of one activity
      - Chain activity
        - o One Tabata for each exercise
      - Pair activity
        - o One half (4 cycles) Tabata for one exercise, second half (4 cycles) Tabata for another exercise, repeat

### Sample Tabata

#### Tabata Circuit Exercise Examples:

#### Station 1 - Core

1. Wood Choppers
2. Spider Plank

#### Station 3 – Lower body

1. Reverse Plank  
with leg raises
2. Sumo Squat

#### Station 2 – Upper body

1. Tricep Dips
2. Medicine ball  
around the world

#### Station 4 - Cardio

1. Skaters
2. Tuck Jumps

#### Tabata Structure

- Exercise 1 (20 Sec)
- Rest (10 Sec)
- Exercise 2 (20 Sec)     Repeat x4 each Station
- Rest (10 Sec)
  
- Transition (1 min)

4 stations of two exercises = total time: 20 minutes

### 3. Double Circuit

- Exercises are organized into four stations, each of which contain five exercises.
  - o Each station is its own individual circuit
- Complete to each of the four stations once (to increase difficulty do each station a second time)
- Each exercise should be performed for 1 minute (Totaling 5 minutes per station) and 1 minute transition/rest between stations – no transition between exercises
  - o Total time = 24 minutes
  - o Structure Example
    - Station 1
      - Exercise 1 (1 min)
      - Exercise 2 (1 min)
      - Exercise 3 (1 min)
      - Exercise 4 (1 min)
      - Exercise 5 (1 min)
    - Transition (1 min)
    - Station 2
      - Same as above (5 min)
    - Transition time (1 min)
    - Station 3
      - Same as above (5 min)
    - Transition time (1 min)
    - Station 4
      - Same as above (5 min)
    - Transition time (1 min)

You can easily modify the amount of time or the number of exercises for this type of circuit

Sample Double Circuit			
Station 1	Station 2	Station 3	Station 4
1. Criss-Cross Jacks	1. Step-ups	1. Wall touches	1. Shuttle run
2. Wall sit	2. Kick-ups	2. Side Lung	2. Side leg lifts
3. Crab Walk	3. Med ball smash	3. Dive Bombers	3. Weighted front raises
4. Plank	4. Med ball Russian twists	4. Standing Obliques	4. Side Plank
5. Superman's/ Swimming	5. Med ball push-ups	5. Side kick	5. Weighted lung walk
Transition 1 minute	Transition 1 minute	Transition 1 minute	Transition 1 minute

#### 4. Early Morning

- Quick 10-20 minute simple workout you can do first thing in the morning
- Include cardio exercises and strength training (whole body or targeted body area)
- Go through each exercise once as a whole circuit (to increase difficulty or length go through circuit twice)
- To keep it simple, ensure all rep amounts are divisible by 5
  - o Structure example
    - Exercise 1
    - Exercise 2
    - Exercise 3
    - ...
    - Exercise 15

