

# Circuit training

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# *What is Circuit Training*

- **Circuit training** is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all set exercises in the program. When one circuit is completed, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short and often with rapid movement to the

# *Circuit training*

One of the most common forms of training...

- Easy to set up
- Very flexible



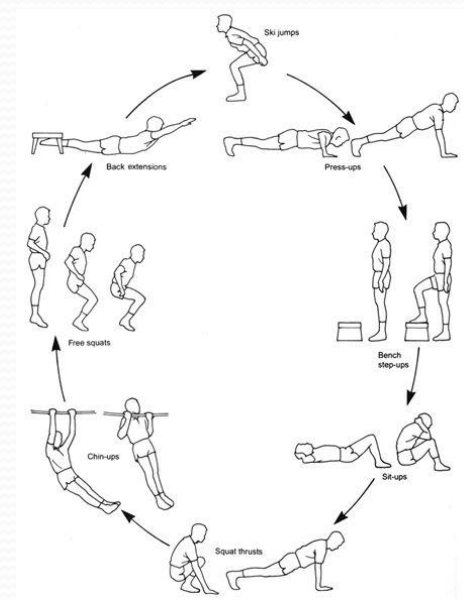
# Setting up

Uses a variety of exercises known as **stations**

- Usually between 6 and 12

Need to consider...

- Clearly marked stations, ideally with a diagram
- Station should be demonstrated beforehand
- Similar station or those which work similar muscle groups should be spread out to avoid over-working



# ***Fitness Circuit***

Primarily aimed at improving a specific component of fitness (Specificity)

Often used to improve Stamina as well as strength in certain muscle groups.

Typical activities include...

- Press Ups
- Squat Thrusts
- Skipping

Main advantages of this type of circuit...

- Little or no specialist equipment needed
- Can be carried out in a standard sports hall

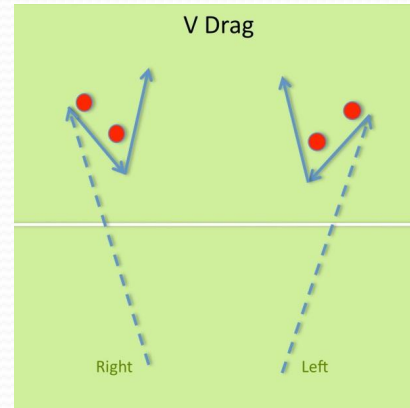
# Skill Circuit

Will use stations but exercises will be focused upon improving a specific skill...

- Good method of pre-season training as works stamina as well as developing skills

Examples could be looking at...

- V drag in hockey
- Passing in basketball
- Dribbling in football



# *Running the circuit*

Different method of running a circuit...

- **Timed circuits**- set time for exercise followed by set periods of rest
- **Fixed Load**- Station is labelled with exact amount of repetitions to do
- **Varied laps (sets)**- Most circuits will have more than 1 lap, may vary the time of exercise or rest. Can add sprint laps with short exercise times and very little rest in between



THANK YOU