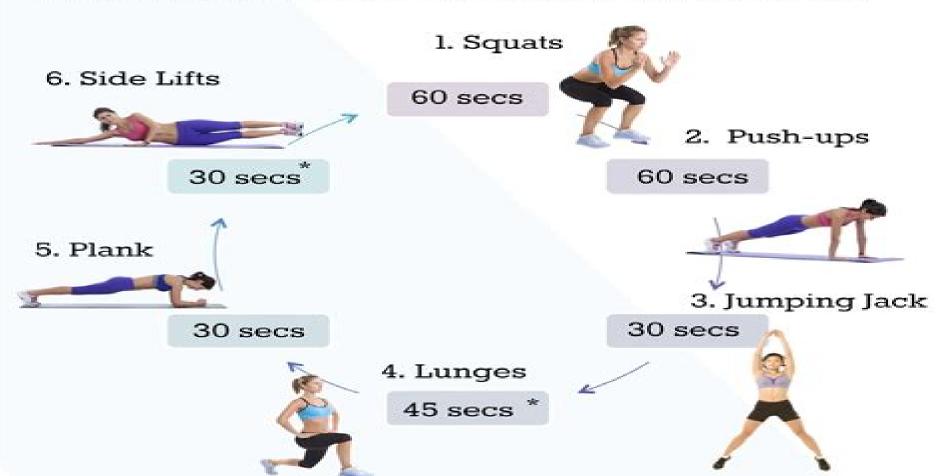
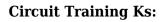
WHAT IS CIRCUIT TRAINING?

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.



Circuit Training Ks

Guillaume Favre



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