

# 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.

## 1. Squats

60 secs



## 2. Push-ups

60 secs



## 3. Jumping Jack

30 secs



## 4. Lunges

45 secs \*



## 5. Plank

30 secs



## 6. Side Lifts

30 secs \*



# Circuit Training Ks

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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