

Quick Conditioning Circuits

This Quick Conditioning Circuit course includes all the ingredients necessary to help your clients reach their fitness goals. You'll learn new workouts that feature strength and cardiovascular conditioning exercises and core stabilization and unilateral movements. Walk away with several innovative and unique short conditioning circuit routines that are set up in a linear format. Use each as a short stand-alone class or mix and match to create an hour-long session.

Class Format

Circuit Style

Each circuit is 15 – 20 minutes.

Mix and match for a full hour-long workout or do just one for a quick express class.

Focus on cardiovascular conditioning, strength training, or core training.

Include exercises that focus on core stabilization and unilateral movements for a functional approach.

Utilize unique focal point: face center, circle, or lines for increased interest.

Coaching Tips

Preview all exercises before each block.

Post exercises so participants have a visual reminder.

Have multiple sets of strength equipment at each station so participants can select appropriate amount of resistance.

Options

Progressions and regressions for each exercise make the workout successful for all participants.

Suggestions:

Range of motion

Speed

Complexity

- add additional planes of motion
- combine exercises

Load

Volume - Length of set or number of reps

Amount of rest in-between

WARM UP

2 rounds

30/10

EQUIPMENT	EXERCISE	
BOSU	Pedal, March, or Jog	Begin on top of balance trainer, shift weight
MEDICINE BALL	Squat to target	Start standing in front of med ball, lower into squat to target
KETTLEBELL	Plank to low lunge (body weight)	Begin in plank, step forward to low lunge, alt sides
GLIDING DISCS	Push-ups	Start in plank, knees on floor, hands on discs, slide one disc to side, lower, return to start, alt sides

BLOCK 1

PERFECT PYRAMID

3 Rounds

Round 1 - 45/15, Round 2 – 60/15, Round 3 - 45/15

****1 minute - Squat Thrust/Push-Up after each round (choose 4, 6, or 8)**

EQUIPMENT	EXERCISE	
BOSU	Alternating Biased Push-Up	Begin in plank, hands on BOSU, bring R hand to floor and push-up, repeat L
MEDICINE BALL	Toe Taps	Start standing behind Balance trainer, Alternate toe tap to top
KETTLEBELL	Clean and Press	Squat, Pull KB, regrip at base of horn, squat & press OH
GLIDING DISCS	Press-Out	Begin in quadruped position with hands on discs, slide forward to extended plank position and return to starting position.

BLOCK 2

TAKE TWO

2 Rounds

2 exercises at each station (complete exercise A and B before moving to next station)

Round 1 – All Right Side– Exercise A 60/10, Exercise B 30/15, Round 2 – All Left Side– Exercise A 60/10, Exercise B 30/15

EQUIPMENT	EXERCISE A	EXERCISE B	NOTES
BOSU	Stand to Supine	Side Elbow Plank	Begin standing in front of BT, squat and sit on front side, lie back to supine while extending legs, return to starting position
MEDICINE BALL	Swing	One-Arm Elbow Plank (body-weight)	Start feet wider than hips, knees soft, hinge with neutral spine, swing to shoulder level
KETTLEBELL	Squat/Iso Biceps	Extended Elbow Plank	Hold KB at base of horn with elbows bent 90 degrees, lower to squat and return to stand
GLIDING DISCS	Alternating Rear Lunge	Hollow Hold	Begin standing with forefeet on discs, alternate rear lunges

BLOCK 3

LADDER DOWN

2 Rounds

Stay in place - 45/15, 35/15, 25

20 transition

****Increase intensity each round**

EQUIPMENT	EXERCISE	NOTES
BOSU	Plyo Biased Squat Over Top 1. step over 2. hop over 3. increase ROM	Begin standing on top of BT, Step off laterally and squat, return to top, rep other side
MEDICINE BALL	Triceps Push-Up 1. off knees 2. off toes (eccentric) 3. off toes	Start in plank position, hands on ball, lower to p-u shoulders forward elbows tucked, return to plank
KETTLEBELL	Eccentric Biceps Curls 1. 2 sec eccentric 2. 4 sec eccentric 3. 6 sec eccentric	Begin standing holding KB with both hands at base of horn, flex elbows to curl, lower slowly
GLIDING DISCS	Knee Tuck 1. knees center 2. diagonal tuck 3. circle	Start in plank position, forefeet on discs, slide in knees to chest, return to plank

COOLDOWN AND STRETCH

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