

CIRCUIT TRAINING

Overview of Circuit Training:

- Circuit training is a type of resistance training workout and also a great way to challenge your body in a variety of ways.
- It's a creative and flexible way to keep exercise interesting and saves time while increasing cardiovascular and muscular fitness.
- You can create an endless number of combinations and design every workout to match your specific training goal.
- Circuit training can be done anywhere such as, at home, gym, or the park.
- Always warm up thoroughly; simple mobility and flexibility routine that prepares the body.

Some benefits of circuit training are:

- **Calorie Burning:** Functional training provides fantastic calorie burning workouts, by using full body exercises that improve strength, endurance and boost metabolism.
- **Muscle Tone/Density:** It develops strong, lean bodies.
- **Circuit training is best for beginners who want to build a foundation for themselves.**

