

Designing a Workout



Semper Fit
Health and Fitness

Overview

- Circuit Training
- Exercise Choices
- Considerations for Designing a workout
- Group Practical



Circuit Training

- A type of interval training that may combine any one or all of the following strength, plyometric, and endurance exercises.
- A series of exercises that are performed for a specified time period with a specified rest period.
- Allows the body to receive the benefits of both cardiovascular and strength adaptations in one workout

Advantages of Circuit Training

- Use with large groups
- Can be modified easily (e.g. repetitions, sets, duration, etc)
- Each individual can adapt for their own fitness level.
- Time efficient

Circuit Design

- What demand do you want to stress?
 - Energy system
 - Muscle endurance
 - Muscle strength
 - Strength maintenance

- Circuit Types
 - Weight training
 - Aerobic
 - Anaerobic drills
 - Combinations

Circuit Training Equipment

- Minimal or no equipment, facilities or space needed
- Can be done with resistance such as weights, body weights, ammo cans, sand bags.
- Use whatever is available.

Sample Circuit Template

- 1-3 sets
- 8-15 separate exercises
- Alternate between upper body, lower body, speed, agility, etc.
- Work period = 30-60 seconds
- Rest period = 20-60 seconds

Traditional Circuit Example

- Lunges-front/side
- Abdominal crunches
- Mountain Climbers
- Oblique Crunches
- Six count bodybuilders
- Back extensions
- Push-ups

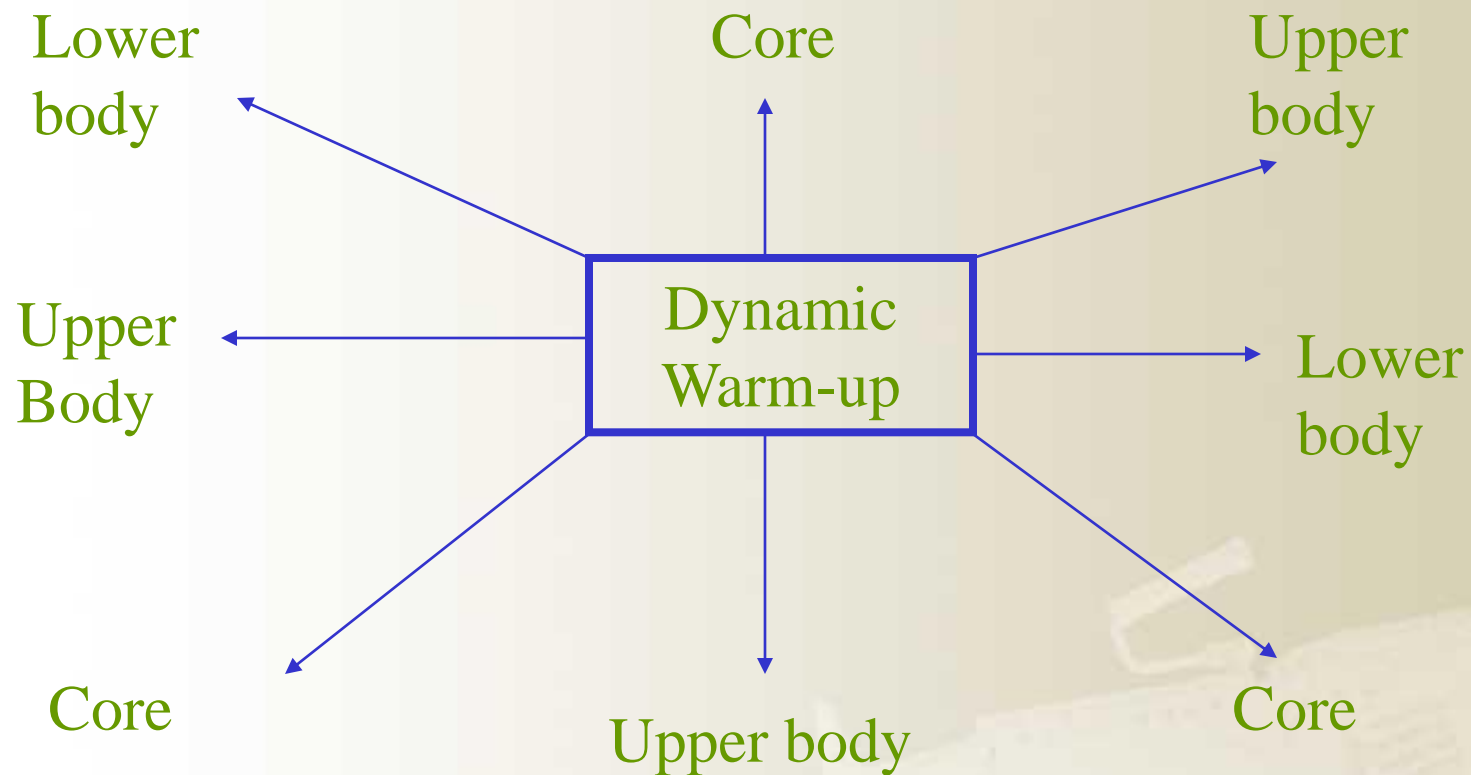
3 sets of each exercise
20 reps each-continuous

Strength/Cardio Circuit Example

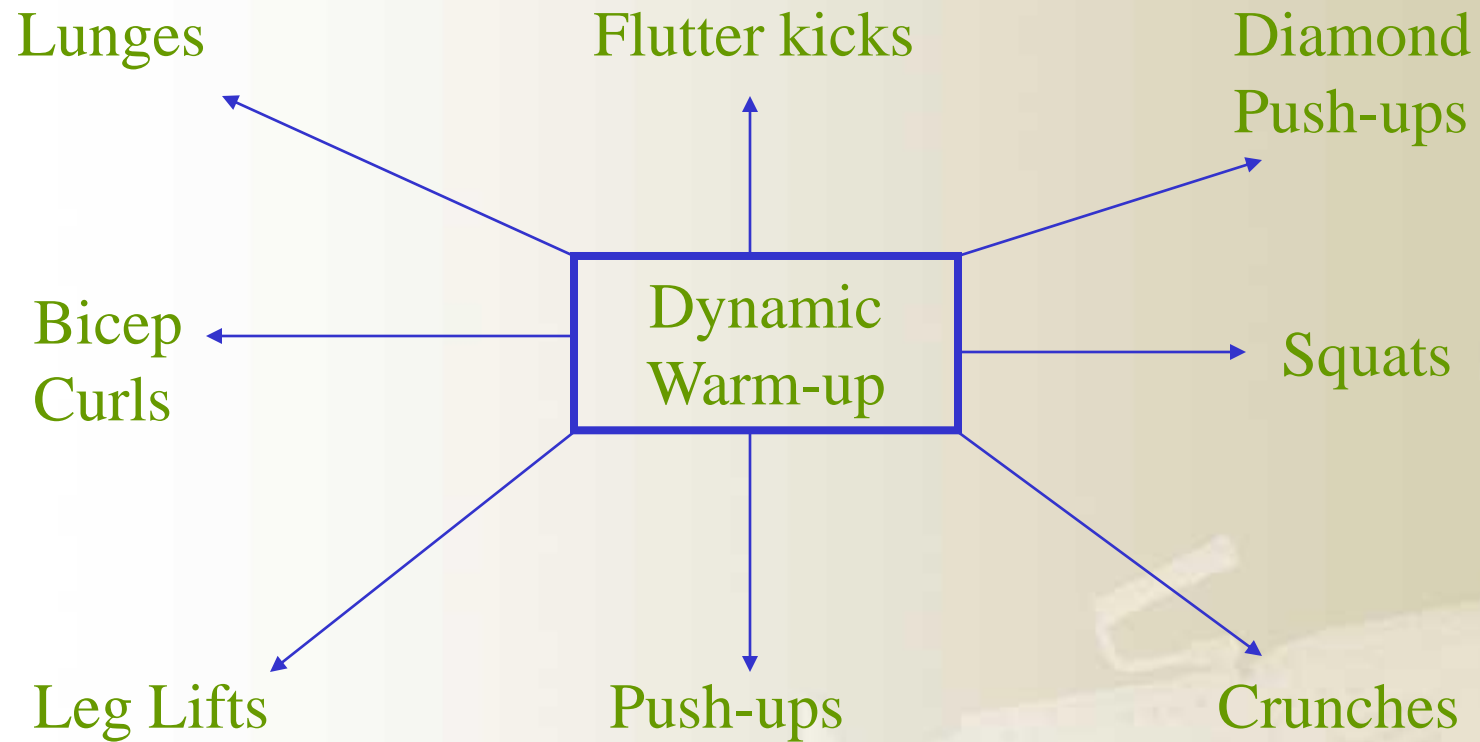
- Squat jumps
- Jump rope
- Monkey squats
- Jumping jacks
- Steam engines
- Dive bombers
- Run around helmets
- Push-ups
- Lateral squats
- Flutter kicks
- Harness pull
- Human t-bar
- 8 count bodybuilders
- Hurdles over rifles
- Flutter kicks-prone
- Dips

1 minute each station

Group Circuit Layout 1



Group Circuit Layout 2



Agility and Core Circuit Example

Station	Exercise Example	Time
Dynamic Warm-up	Easy Jog	5
Agility	Forward/Backwards Jog	2
Core	V-ups	1
Agility	Side Shuttle	2
Core	Side Plank	1
Agility	Speed Skaters	2
Core	Back Extension	1
Agility	M-Drill	2

Work to Rest Ratios

Manipulate for the desired adaptations:

- Equal work and recovery periods
 - Variation 1: Increase work period and decrease rest periods to increase intensity
 - Variation 2: Begin with short bouts and gradually increase work and recovery periods to increase intensity
- Work period > Rest period
 - Increase lactate threshold

Considerations

- The greater the fitness level of the tactical athlete the shorter the rest period should be (e.g. 60 sec work/20 sec rest)
- Allow 3-5 minutes between sets to maintain quality work efforts in each set
- Avoid complex lifts or exercises
- Fatigue - when technique breaks down the risk of injury rises
- Familiarity - the athlete should be familiar and competent to perform all exercise included in the circuit
- Olympic Lifts - should not be included within a circuit

Calisthenics

- Jumping Jacks
- Jump Rope (double hop)
- Run in Place (punch arms front, side)
- Push-ups (narrow/wide)
- Dips
- Side leg raises
- Hip adductions
- Squats (neutral, sumo, narrow, single)
- Lunges
- Steam Engines
- Eight Count Body Builders
- Monkey Squats
- Dive Bombers
- Mountain Climbers
- Towel Pushes
- Bear Crawls
- Donkey kicks

Core Stability

- Consists of stabilizer muscles
- Provide a solid foundation for movement in the extremities.
- Example: Stability Ball Pike
- Fireman's Carry
- Squat



Medicine Ball

- Over/Under
- Standing Twists
- Roll Downs/Roll Ups & Throw
- Romanian Twists
- The Twister



Abdominals/Low Back

- Prone flutter kicks
- Back extensions
- Supermans
- Swimmers
- Traditional crunches
- Reverse crunches
- Elbow-to-knee crunches (obliques)
- Heel reaches
- Side crunches
- Heel taps
- Flutter kicks
- V-sit up
- Roll ups/Roll downs
- 4 count abdominals
- Cobra

Agility Drills

- Shuttle Run
- Hexagon Drill
- Standing long jump with sprint (forward/lateral)
- Sideway squats/shuttle
- Karaoke
- Back pedaling
- Relay race
- Backward skipping



Plyometrics

- Power skip
- Lateral bounds
- Squat jumps with helmet
- Tuck jump
- Split squat
- Standing long jump
- Jumping over ball
- Lateral jumps over ball
- Standing jumps
- Jumping over helmet/pack
- Lateral jumps over helmet/pack
- Standing jumps
- Pushup

Miscellaneous

- Casualty carry
- Duck walk
- Crab walk
- Wheel barrel
- Leapfrog
- Bear crawl
- Human t-bar
- *Rifle PT



Sample Workout

Lower Body/upper Body Program Example

- Push-ups
- Casualty Carry
- Human T-bar
- Squats
- Bicep Curls
- Walking lunges



Sample Workout

- Ultimate Athlete #1
 - Dummy Carries
 - Hurdle hops
 - Agility ladder
 - Sled drags
 - Weighted pulls
 - Kettlebell farmer's walk
- Ultimate Athlete #2
 - Running stairs
 - Agility ladder
 - Crunches
 - BOSU hops
 - Running Stairs

Sample Workout

- Ultimate Athlete #3

- High Knee Runs
- Quick Sprint
- Hurdle Jumps
- Ladder Drills
- Single Leg Squats
- Squat Jumps
- Woodchoppers

- Ultimate Athlete #4

- Butt Kickers
- Bounds
- Hurdle Hops
- Ladder Drills
- Single Leg Squat on BOSU
- Tuck Jump
- One and Two Arm Slams

Workout Template

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dynamic Warm-up	REST	X	X	X	X	X	REST
Speed	REST	X	REST	REST	REST	X	REST
Plyometrics	REST	X	REST	REST	REST	X	REST
Agility	REST	REST	REST	X	REST	X	REST
Muscular Strength or Endurance	REST	REST	X	REST	X	REST	REST
Core	REST	REST	X	X	X	REST	REST
Cool-down	REST	X	X	X	X	X	REST
Flexibility	REST	X	X	X	X	X	REST

PUTTING IT ALL TOGETHER

- Group Practical-Designing a Program



Questions?

