

SAMPLE BODYWEIGHT CIRCUIT TRAINING PROGRAM

GOAL: FAT LOSS, FUNCTIONAL FITNESS

PHASE: MIXED

WARM-UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 sec.	
Foam Roll: IT-Band	1	30 sec.	
Foam Roll: Latissimus Dorsi	1	30 sec.	
Static Stretch: Calves	1	30 sec.	
Static Stretch: Kneeling Hip Flexor Stretch	1	30 sec.	
Static Stretch: Ball Lat Stretch	1	30 sec.	
Cardio	1	5 min	

CIRCUIT INTERVAL

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Lunge w/ Rotation	1	30 sec	Controlled	0 sec	
Push-up w/ Rotation	1	30 sec	Controlled	0 sec	
Side Lunge w/ Reach	1	30 sec	Controlled	0 sec	
Reclined Bodyweight Rows	1	30 sec	Controlled	0 sec	
Squat Jumps	1	30 sec	Controlled	0 sec	
Superman	1	30 sec	Controlled	0 sec	
Prisoner Squats	1	30 sec	Controlled	0 sec	
Jumping Jacks	1	30 sec	Controlled	0 sec	
Rest				60 sec	

COOL-DOWN

EXERCISE	Sets	Duration	Coaching Tip
Perform the same stretches as warm-up			

Coaching Tips: Circuits can be performed 2-3 sets for more conditioned individuals. The timeframe in which the exercises are performed can also be decreased or increased depending on one's capabilities.

Weight Training Circuit Template

Mira Skylark, AI

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

Weight Training Circuit Template:

Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing

area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

Army Physical Readiness Training Manual Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training's fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub

NASM Essentials of Personal Fitness Training, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

FM 7-22 Army Physical Readiness Training Headquarters Department of the Army, 2017-08-27 Field Manual 7 22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series

NSCA's Guide to High School Strength and Conditioning Patrick McHenry, NSCA -National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator

Workouts Simplified Mira Skylark, AI, 2025-03-14 Workouts Simplified tackles the challenge of fitting fitness into busy lives by offering efficient strategies for building strength endurance and flexibility It emphasizes High Intensity Interval Training HIIT for maximum cardiovascular benefits in short bursts and Functional Strength Training which focuses on everyday movements to build practical strength Dynamic stretching is also introduced as a more effective method to improve flexibility The book uniquely prioritizes time management showing readers how to achieve substantial fitness improvements without extensive gym time The book explores the science behind these methods explaining muscle hypertrophy and cardiovascular adaptation in accessible language It then progresses through detailed exercise demonstrations and sample workout plans tailored to

various fitness levels and time constraints Workouts Simplified culminates with a practical guide to integrating these simplified workouts into a sustainable lifestyle providing personalized recommendations and addressing common obstacles

Maximise Your Fitness Potential (for All Levels) Wayne Lambert, 2011-09 About the Author Wayne spends his spare time raising money for various charities boxing travelling reading and enjoying family life in Dubai where he lives with his wife and baby daughter Profits from any commercial product or service are donated to various charities Profits from this book are donated to Help for Heroes Royal British Legion and War Child About the Book The book's most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information from actually how to keep a journal of your progress to detailed explanations to why and how the exercises work Conquer your fitness potential inclusive of your aerobic anaerobic muscular endurance strength and power to name only a few Easy templates are provided within this book to help you Basically all the work is done for you from basic to intense programs depending on your fitness levels you just have to read it and take action Life is choice choose to do it today

Complete Conditioning for Football Tom Allen, 2023-02-02 This book explains how to create a holistic system based performance conditioning plan that helps football athletes reach their physical potential and avoid injury by training optimally not maximally It presents effective research based training exercises methods protocols and programs for achieving gains in speed agility change of direction strength muscle hypertrophy power and aerobic and anaerobic conditioning and describes optimal sleep nutrition and hydration practices that promote recovery so athletes can perform their best throughout the year

The Complete Guide to Strength Training Methods Keven Arseneault, 2023-03-24 Finally the strength training book you've been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique's advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals

The Busy Person's Guide to Fitness: Quick Workouts for Maximum Results Jens Belner, No Time for Fitness No Problem Get Fit in Minutes Not Hours Between work family and

social life who has time for the gym The Busy Person s Guide to Fitness Quick Workouts for Maximum Results is your shortcut to staying fit strong and energized even on the busiest days What This Book Offers Time Efficient Workouts Burn fat and build muscle in just 10 20 minutes a day HIIT Strength Yoga Routines Choose workouts that match your goals and schedule Smart Fitness Hacks Stay active without setting foot in a gym Family Friendly Office Workouts Get fit anywhere anytime Science Backed Strategies Optimize results in minimal time Nutrition for Busy People Simple meal plans that fuel your body without the fuss No More Excuses Just Fast Effective Fitness Forget long grueling gym sessions this book delivers quick powerful workouts that fit into your busy life Whether you re at home at the office or on the go you ll find a routine that works for you Get stronger Burn calories Boost energy All in less time Download The Busy Person s Guide to Fitness today and start seeing results FAST

Fresh Start Meghann Rowe,2024-05-06 Embark on the Journey Towards a More Fulfilling Life Are you feeling stuck yearning to break free from the mundane and embrace a vibrant healthier lifestyle Fresh Start The Road to a Happier Healthier You might just be the guide you ve been searching for Crafted with the intention of inspiring transformation this book does more than just offer advice It invites you on a thrilling journey of self discovery and renewal Imagine awakening each day with a newfound energy ready to tackle life s challenges with grace and confidence Fresh Start leads you by the hand turning that vision into your reality With each chapter you delve deeper into the essence of what it means to live fully shedding the layers of past failures and the shackles of stagnation Embodied within its pages are secrets to nourishing not just the body but the soul and mind as well From crafting empowering morning routines to mastering the art of mindfulness and nutrition every chapter serves as a stepping stone towards the ultimate goal of self improvement You ll learn not only how to initiate change but to sustain it turning fleeting motivation into enduring habits As you navigate through the journey this book lays out you ll encounter personalized exercises reflective questions and real life stories that resonate with your quest Each section is meticulously designed to guide you layer by layer through your metamorphosis Understanding and setting the framework for change Building a resilient mindset Adopting a life affirming diet Integrating exercise that excites and uplifts Cultivating connections that support your growth By the final chapter you won t just close the book you ll be opening the door to a life where happiness and health are no longer aspirations but your reality Embark on this transformative journey with Fresh Start The Road to a Happier Healthier You and reignite the spark within

Obesity and Weight Management Alexios Batrakoulis,2025-05-19 Editor Dr Alexios Batrakoulis has brought together 48 of the field s top researchers and practitioners to build this one of a kind resource From assessment to application Obesity and Weight Management The Exercise Professional s Guide to Fitness Programming equips practitioners with the knowledge to safely and effectively address client needs and challenges The text provides fitness professionals with the tools they need to help more clients with overweight and obesity become successful in getting stronger fitter and healthier Tools such as exercise preparticipation interviews health history screenings and a cardiovascular disease risk factor analysis will give readers skills

they can immediately implement with clients in the real world Readers will encounter the latest information regarding the epidemiology definition and classification of overweight and obesity preparing them to meet larger bodied clients where they are The text also explains the role of an exercise professional as a valuable member of a multidisciplinary client health care team To help practitioners create engaging plans for clients the book comes with 21 sample workouts and more 15 warm up movements 10 movement prep activities 13 warm up games 87 resistance training exercises 27 balance and coordination exercises 21 cool down movements and stretches At the end of the first 12 chapters readers will find a summary key points several multiple choice recap questions and short case studies to help them engage deeply with the content Twelve longer case studies included in chapter 14 provide readers with the opportunity to think practically and evaluate real life scenarios Readers will have access to online content including a section on translating overweight and obesity research into practice a section on business and marketing strategies and all the references from the text An authoritative resource for exercise professionals

Obesity and Weight Management bridges the gap between research and practice in creating solutions for safe effective and personalized fitness journeys

Hangry Sarah Fragoso, Brooke Kalanick, 2019-06-25 Finally A hormone book that takes on the multitude of challenges that hormone imbalance brings and offers a totally personalized approach JJ Virgin New York Times bestselling author of The Virgin Diet Hangry is the comprehensive hormone book we've been waiting for Get ready to restore your joy heal your hormones and reset your metabolism in just four weeks Sarah Fragoso the bestselling author and creator of Everyday Paleo and Dr Brooke Kalanick a leading expert in functional medicine and women's health bring you the ultimate guide to feeling your best Hangry offers women a one of a kind plan that is uniquely customizable to your individual hormonal imbalances with special attention paid to challenges such as low thyroid PCOS perimenopause menopause and autoimmunity Not sure if you're HANGRY Are you too tired to be happy Do you feel like your metabolism is MIA Is your plate overflowing with expectations work and stress Hangry honors ALL of your hormones and each aspect of your life food exercise nutrition and lifestyle This program will take you from feeling stressed out and frustrated and really freaking tired to healthy happy and at home again in your body Join the program that's already changing lives you will look and feel your best slow down aging decrease inflammation and rediscover your joy with this one of a kind customizable plan based on balancing five key hormones by using our five simple habits supported by our five mindset pillars Fragoso and Kalanick understand that no two women are the same Hangry offers the first fully customizable easy to use and completely comprehensive guide to help women heal Michelle Tam New York Times bestselling cookbook author and creator of Nom Nom Paleo

Zombie Survival Fitness Barrett Williams, ChatGPT, 2024-07-08 Zombie Survival Fitness Outrun Outlast Outlive Are you prepared for a zombie apocalypse Zombie Survival Fitness is your ultimate guide to developing the physical and mental strength needed to not only survive but thrive when faced with the unrelenting hordes of the undead This comprehensive eBook delivers everything you need to fortify your body and sharpen your mind ensuring you're always one

step ahead of disaster Unleash Your Inner Warrior Start your journey with foundational training that emphasizes the trifecta of stamina agility and strength Understand the crucial importance of physical conditioning in a world where survival is the only currency Know Your Enemy Delve into the fascinating world of zombies with insights into their behavior patterns and types Knowledge is power and knowing your enemy's weaknesses is the first step to gaining the upper hand Assess it's mental Techniques to manage stress build resilience and use visualization will provide you with the psychological edge over the undead and the panicking survivors Survival Workouts Customize your survival workout plan with goal setting tips and progress tracking Learn how to train with minimal equipment using your environment and adapt workouts to outdoor settings Combat Recovery Prepare for hand to hand combat with essential self defense moves and scenario based training Learn how to prevent and manage injuries with first aid and recovery strategies Stay Motivated End your journey with motivational techniques to stay committed to your training Read success stories of real life survivors and learn how fictional accounts can inspire your own regimen Prepare for Anything Complete your preparation with real world simulation drills and a final checklist to sharpen your survival instincts Be ready for anything anytime Zombie Survival Fitness is more than a workout guide it's a survival manual that could save your life Are you ready to outrun outlast and outlive the undead Grab your copy now and transform yourself into a true survivor

Doorframe Pull-Up Bar Workouts Ryan George, 2014-11-11 A COMPREHENSIVE GUIDE TO GETTING RIPPED WITH THE POPULAR AT HOME PULL UP BAR Follow the programs in this book and achieve the ripped rock hard physique you've always wanted The exercises in Doorframe Pull Up Bar Workouts unleash the full potential of this simple compact piece of equipment for intense muscle building vigorous athletic conditioning and fast fat burning More than a pull ups program these gym free workouts will tone and shape your entire body for Sculpted Shoulders Chiseled Chest Carved Back Ripped Arms Washboard Abs Firm Glutes Powerful Legs Packed with hundreds of step by step photos clearly explained exercises and a dozen progressive training programs Doorframe Pull Up Bar Workouts will get you in shape and improve your health using this single piece of equipment in the comfort of your home

The M.A.X. Muscle Plan Brad Schoenfeld, 2013 Widely regarded as one of America's leading strength and fitness professionals the author has won numerous natural bodybuilding titles and has been published or featured in virtually every major fitness magazine In this book he brings his expertise to everything needed for completing a total body transformation in just six months

Creativity for Learning Kristy Doss, Lisa Bloom, 2025-09-15 Creativity for Learning provides a comprehensive understanding of creativity's role in learning as well as practical approaches to teaching creative thinking strategies to diverse learners This book provides a roadmap for creating instructional practices that allow learners to go beyond knowledge acquisition Chapters provide research on creativity along with insights from professionals who apply creativity in their work offering valuable guidance on how to nurture these essential skills in the classroom Packed with research based activities to help learners acquire and exercise creative thinking novel approaches to assessment as well as

suggestions for learning space design this book has everything you need to orchestrate a classroom that fosters equitable talent development for all students across the content areas This must read guide will be the trusted companion for all educators seeking to transform their students into creative thinkers ready to meet the challenges of an uncertain future

Lean Mom, Fit Family Michael A. Sena, Kristen Straughan, Thomas P. Sattler, 2005-08-06 A definitive guide to health and fitness for mothers and their families introduces a six week program for moms who want to slim down shape up and involve their families in the process offering self assessment tests exercise meal planning fifty slim down recipes and motivational tips Original 25 000 first printing

Hormone Balance Mira Skylark, AI, 2025-03-13 Are you battling fatigue mood swings or weight fluctuations Hormone Balance explores natural ways to regulate your hormones emphasizing the importance of diet herbal supplements and lifestyle modifications for improved well being The book highlights how hormones act as crucial chemical messengers within the endocrine system governing bodily functions and impacting both physical and mental health Did you know that dietary adjustments and stress management can significantly influence hormonal equilibrium potentially alleviating symptoms like fatigue This guide uniquely combines conventional knowledge with natural remedies providing a balanced perspective on hormone health It progresses systematically starting with core concepts and major hormones before diving into practical strategies The book offers detailed guidance on dietary adjustments evidence based information on herbal supplements and lifestyle modifications like sleep optimization Hormone Balance culminates in personalized plans and actionable tips empowering you to implement these strategies daily The book emphasizes the importance of proactive hormone management and holistic approaches to health fitness while acknowledging the need for further research in certain areas

Exercise Physiology William J. Kraemer, Steven J. Fleck, Michael R.

Deschenes, 2011-03-01 Designed for undergraduate course work this exercise physiology textbook unites research and theory with real world application so students can easily relate to the concepts being presented The unique applied approach fully engages you in discovering how the human body works and responds to exercise You ll not only gain a solid foundation in exercise physiology concepts you ll also learn how to apply these concepts on the job to optimize athletic performance and well being Moreover you ll come to understand the vital health benefits of exercise and physical activity for all individuals at all ages including special populations Beginning with basic exercise physiology concepts the text progressively builds your knowledge by integrating these concepts into practical discussions of nutrition and training The text stresses a research based approach enabling you to locate and evaluate the evidence you need to make good decisions Numerous examples further underscore the importance of basic concepts and research in addressing real life challenges in exercise and athletic training

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