

Circuit Training Exercises

Contact me if you want to attend a Circuit Training Class at the Cincinnati Sports Center.

Core, On The Mat

- Waves: hands under you, legs extended. Bring knees to chest and then push feet up; bring down to mat
- Fun runs: hands under you, legs straight. Alternate right/left, up/down
- Bicycles: hands behind head, knees bent. Alternate left leg/right arm, right leg/left arm motion
- Single leg lifts: alternate sides
- Side two leg lifts: alternate sides
- Sit-up with medicine ball raised above head
- Planks
- Side planks
- Side-to-side rotation with weighted ball
- Sit-up (on incline bench if available or legs raised on bench)
- Bird-dog
- Prone back extension

Push-Ups With Variations (Also Good For Core)

- Regular
- Feet raised on box
- Rotation: dip right side, come up, then dip left side
- Butt up
- With a weighted row, alternate sides
- Raise right leg as you go down, the raise left leg as you go down
- Clap as you explode off the ground
- Hands together
- Super slow, all the way to ground and up
- Toes on exercise ball

Upper Body

- Shoulder, bench, and incline press
- Curls
- Curls from a static squat
- Shoulder press with back on exercise ball
- Sit on ball, lean over, raise weights from the ground to chest
- Arm extension (alternate, arms raised to front)
- Lateral arm raises (raise arms to side)
- Dips (need dip bars)
- Chin-up
- Pull-up
- Lat pull down
- One arm row/bent over row

Full Body With Emphasis On Legs

- Lunges with weights by side
- Lunge to a press with weights, go up on toes
- Squat combos to press on toes
- Lunge with rotation, using medicine ball with the handles
- Sideways lunge to a curl
- Squat with weighted bar on shoulders, front and/or back
- Squat with bar in front at shoulders
- Step-up on bench with weights, to a press

Speed/Agility/Balance

- Fast feet
- Jumps over hurdle, straight and sideways
- Hi-step run in place
- Mountain climbers
- Butt kickers
- Sideways twist run
- Speed skaters
- Single leg squats with or without weights
- Fast steps
- Hurdles: side-to-side, or use bench
- Long jumps
- High jump
- Jump rope
- Lunge jump in place
- Wind sprints