

Debbie Lawrence & Bob Hope

# CIRCUIT TRAINING

2nd edition

THE COMPLETE GUIDE TO



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**CIRCUIT  
TRAINING**

Second edition

Debbie Lawrence and Bob Hope



**Note**

Whilst every effort has been made to ensure that the content of this book is as technically accurate and as sound as possible, neither the author nor the publishers can accept responsibility for any injury or loss sustained as a result of the use of this material.

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Commissioned by Charlotte Croft

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## ACKNOWLEDGEMENTS

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On a professional level, my thanks go to co-author Bob Hope. Thanks for using your valuable time to design so many wonderful, imaginative and creative circuits. I feel they give this book a really unique quality.

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Thank you everyone. For all circuit trainers everywhere, this is for you. Enjoy!

**Bob Hope**



## INTRODUCTION

Circuit training is often erroneously portrayed as an intensive and stressful form of exercise, with a drill sergeant-type in the middle of a circuit bellowing orders at weary recruits. While circuit training can be used as an advanced form of training, we aim to demonstrate that it is simply another method of training to develop fitness. Circuit training is a very versatile and adaptable mode of training that requires the performance of a series of carefully selected exercises. The exercises chosen can be used to develop a specific component of fitness, specific skills for a particular sport, or for the needs of a particular specialist population. They can also be adapted to suit a wide range of fitness levels and to build an individual's or a team's fitness level as they improve. Participants often enjoy circuit training more than other modes of training because they are able to easily monitor their progress and really see the results of their hard work. Ultimately, there are numerous ways of modifying a circuit training session, which adds variety and fun and helps to maintain interest and motivation, so that those taking part are more likely to adhere to the exercise programme and to enjoy it at the same time!

The aim of this book is to explore the benefits and techniques of circuit training. Now fully revised from the first edition with updated infor-

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Part One provides a basic introduction to fitness: why fitness is important – both physical and mental; and how fitness can be improved through training – specifically through circuit training.

Part Two identifies the skills required to plan, lead and teach a circuit training session. It outlines the necessary safety considerations and explores different approaches to circuit training, discussing the advantages and disadvantages of each. The final chapters look at different programme formats and methods of progressing and adapting each to accommodate the needs of participants.

Part Three discusses and demonstrates appropriate activities for warming up and cooling down, along with appropriate activities, exercises and session structures to improve the main components of fitness.

Part Four provides detailed instructions on how to perform and instruct a range of exercises appropriate for outdoor circuit training, training for older adults, and circuits for specific sports.

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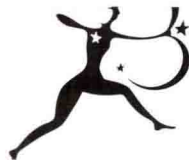
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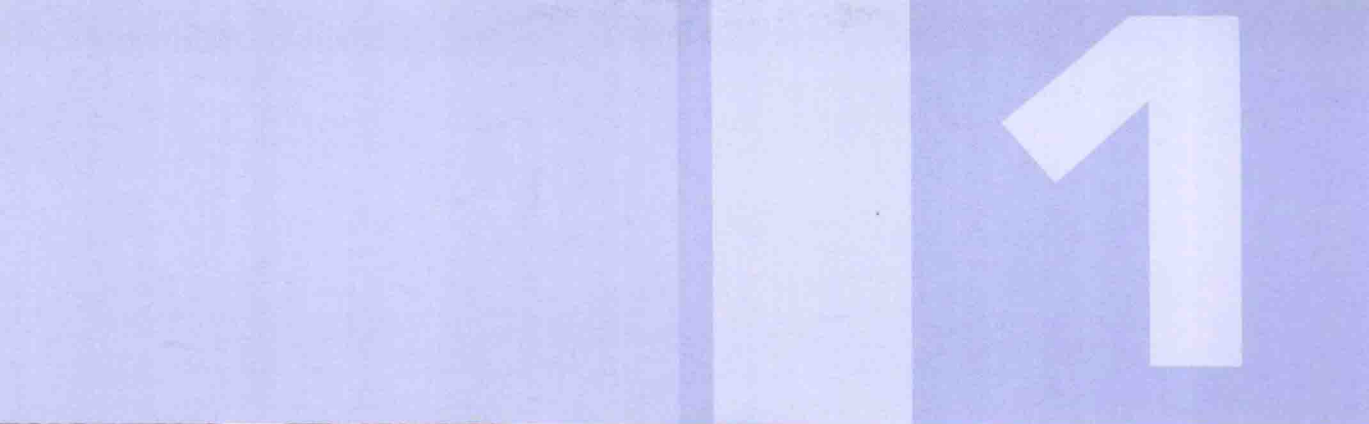
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# PART ONE

WHY CIRCUIT TRAINING?